

## **Laser Hair Removal Pre- & Post- Instructions**

### **Prior To Treatment**

The following conditions which are CONTRAINDICATIONS to laser hair removal: history of melanoma, raised moles, suspicious lesions, keloid scar formation, active infections, open lesions, hives, herpetic lesions, cold sores, tattoos or permanent make-up in area of treatment, recent use of Accutane, tetracycline, or St. John's wort in the last year, autoimmune diseases such as Lupus, Scleroderma, Vitiligo, pregnancy, trying to get pregnant, or nursing.

Do not pluck, wax, use a depilatory, or undergo electrolysis in the areas to be treated for at least 6 weeks. Shaving is okay. Please come in cleanly shaven in the area to be treated.

Do not tan or use self tanner in areas to be treated for 4 weeks prior.

Avoid any irritant chemical, soaps, lotions to area for the week prior.

### **After Treatment**

Some redness and swelling is normal and may feel similar to a sunburn. This should resolve in a few days to a week. Some people may react more and have redness up to a month or longer. Notify your physician if it persists longer than a month.

During the next week, you may develop a fine crust/rugburned appearance especially where many dark hairs were treated. Hairs will begin to shed (**DO NOT PICK AT THEM**). This may last for several weeks.

Small blisters may occur. Keep area clean.

You may apply cool compresses/ice for 15 minutes/hour for comfort.

Gently clean the area twice daily with mild soap. Aloe gel can also be used.

Avoid irritants (glycolics, acid, retinoids, etc.) until all redness/swelling resolves.

Moisturizers may be used if they do not sting when applied.

Apply sun block (with zinc) for at least six weeks if not for your lifetime!

Shaving should be avoided until comfortable. Begin with light shaving.

Avoid strenuous exercise for the day as sweating may sting.

Make-up may be used as long as skin is not broken or irritated.

Notify your physician if you have any questions, concerns, problems.