

Pre and Post Treatment Instructions for Laser Hair Reduction

Pre Treatment Instructions:

- Do not pluck, wax or have electrolysis for at least 6 to 8 weeks before the laser treatment—these techniques pull the root out of the hair shaft from the follicle. Shaving and depilatory creams are allowed because they leave the hair shaft in the follicle. Since the laser targets the pigment in the hair shaft, it is essential that the hair shaft be present at the time of treatment.
- Avoid sun exposure (apply sunscreen daily and do not tan at all—including self-tanner) for 4 to 6 weeks before and after treatments. We recommend Skin Ceuticals UV Defense SPF 50.
- Do not use any retinol products (or products containing tretinoin) or exfoliants on the area to be treated for one week. Avoid Accutane (or isotretinoin products) for 6 months prior. Let your doctor know if you have a history of Hyperpigmentation (darkening of the skin in response to injury or infection).
- If you have a history of fever blisters, notify Dr. Jones. We may write you a prescription for a prophylactic antiviral therapy to start on the day of the treatment to prevent a flare up. If you have a current prescription, Valtrex 500 mg should be taken by mouth twice daily on the day before, the day of, and the day after your treatment.
- You must notify the technician if you have had any cosmetic tattooing on or near the area to be treated.
- Do not expect an ideal response if you have blonde, red, gray or white hair. Using dye to darken the hair does not improve the response.
- Photosensitizing medications including Doxycycline and Minocycline should be discontinued 3 days prior to the treatment.

On the day of your appointment:

- Shave before your treatment. It is important that the hair shaft be present in the follicle below the skin, but the hair NOT be present above the skin. If the external hair shaft is present, the laser will burn it and possibly burn your skin. If you do not want to shave, you may use a depilatory cream (Nair or Veet). Do not wear deodorant (if applicable). Dress so that you may modestly expose the treatment area.

Post Treatment Instructions:

- Expect to see some swelling and redness around the hair follicles after your laser treatments. This is an indication of appropriate treatment. You may experience a sunburned feeling and swelling, this usually only lasts 1 to 3 hours. Applying ice will give relief and reduce the swelling duration. Put the ice in a Ziploc baggie and wrap with a washcloth. Do not put ice directly on your skin. A topical cortisone cream can also be used. The redness may last a few days, but can be covered up by applying makeup.
- Your skin will be fragile for 2 to 3 days. Use gentle cleansers (we recommend Skin Ceuticals Gentle Cleanser), do not rub the skin and avoid hot water during this time. You may shave the area 24 hours after treatment.
- Do not use deodorant for 24 hours post laser hair reduction of the underarms.
- Do not use any retinoids, tretinoins, alpha or beta hydroxyl products, chemical peels, scrubs, exfoliants or use your Clarisonic on the area treated for one week or until the skin has recovered.
- Makeup can be applied immediately if the skin is not broken. We recommend mineral based makeup.
- Avoid the sun and use sun block. We recommend Skin Ceuticals UV Defense SPF 50. Avoid excessive heat or friction to the treated area (heavy exercise, saunas, etc.) for one week or until the skin has recovered.

- Do expect that it will take several treatments to achieve the desired results. Laser treatments are only effective in the Anagen phase of the hair growth cycle. Some of the hair in the treated area may be in different phases of the growth cycle and will need to be treated once they get to the Anagen stage.

Scheduling:

Face—every 3- 4 weeks

Underarms, Arms, Bikini—every 4- 6 weeks

Legs, Chest, Back—every 8-10 weeks

Please contact us as soon as possible if you experience any blistering or increasing pain. Also contact us if you are concerned about infection. If any pigment changes are bothersome or persist beyond 4 weeks, please contact us at (704)665-0058.