



Treatment Instructions Hair Reduction

The effectiveness of laser hair removal is highly dependent on patient cooperation. There are many things a patient can inadvertently do to decrease either the safety or effectiveness of their treatment. It is, therefore, imperative to follow directions by the provider.

Pre Treatment:

- Tanning should be avoided for 4-6 weeks prior to treatment.
- Self-tanning creams and sprays need to be completely faded.
- During the course of treatment, skin that is exposed to sun needs to be covered with a sunscreen with an SPF of at least 30, applied as a thick layer 20 minutes before sun exposure .
- The hair needs to be in the follicle at the time of treatment. Lasers target the pigment melanin in the hair beneath the surface of the skin. Because of this, do not wax, tweeze, bleach, thread, or use depilatory agents for 4 weeks prior to treatment. If facial hair is being treated, usually avoidance of these methods for only 2 weeks is necessary because facial hair grows faster. If a form of hair removal is necessary, shaving or clipping can be done because these methods allow the hair to stay in the follicle. It is usually advisable to see some hair growth on the day of treatment.
- Lotions, creams, makeup, and deodorant are removed before treatment. These can obstruct or refract laser light negatively.

Post Treatment Instructions

- 1) Immediately after treatment, there may be mild redness and swelling at the treatment site, which may last up to 2 hours or longer. The redness may last up to 2-3 days. The treated area may feel like a sun burn. Apply ice in 15-20 minute intervals for first few hours after treatment to reduce any discomfort or swelling.
- 2) Makeup may be used immediately after the treatment unless there is blistering.
- 3) Avoid sun exposure until skin has returned to its normal baseline (no redness or swelling).
- 4) Avoid picking or scratching the treated skin. Do not use any other hair removal treatment products or services (waxing, electrolysis or tweezing) that will disturb the hair follicle in the treatment area.
- 5) Wash the treated area and pat dry for 3 days after treatment. You can start exfoliating on day 4.
- 6) Anywhere from 5-20 days after the treatment, shedding of the surface hair may occur and this appears as new hair growth. This is not new hair growth.
- 7) At 1 week post treatment, you may be able to pull hair out of the skin. This is normal.
- 8) For 2 to 3 weeks after treatment, ideally avoid shaving the shedding hair, although if absolutely necessary, gently touch hair with razor. Shaving can be performed on newly growing hair.
- 9) After the underarms are treated, ideally use a powder instead of deodorant for 24 hours after the treatment to reduce skin irritation.
- 10) There are no restrictions on bathing except to treat the skin gently, as if you had a sun burn, for 24 hours.

At the next visit, please let your practitioner know how long the redness lasted after treatment and when significant hair growth was noticed in the area. This will help your practitioner to achieve the desired results.

Please call the office if you have any questions or concerns during your recovery period.

414-964-1111

✓ Additional Instructions: _____