

## **PRE-LASER HAIR REDUCTION CONSIDERATIONS**

- Avoid sun exposure, sun-less tans, and tanning beds for 3-4 weeks prior to laser hair removal
- Do not use bleach or depilatory creams 4-6 weeks prior
- No waxing, tweezing, or electrolysis of area to be treated for 8 weeks prior to laser hair removal; clipping and shaving is allowed

## **POSSIBLE ADVERSE EFFECTS**

- Crusting or blistering that heals in 5 to 10 days
- Swelling may occur and generally subsides in hours to 7 days
- Hyperpigmentation and hypopigmentation are more common in darker skin types. They can also occur from sun exposure either before or after a treatment. Hyperpigmentation usually resolves in 3-6 months, hypopigmentation can be permanent.
- Discomfort
- Bruising
- Temporary acne breakout may follow hair removal

## **POST-LASER HAIR REDUCTION HOME CARE INSTRUCTIONS**

- Rest 1-2 hours, especially if a large area was treated.
- Cold (not frozen) packs every 15 minutes per hour to reduce swelling and ease discomfort.
- Cool baths first 3-4 days or until redness is gone and warmer water is comfortable.
- No hot tubs, excessive exercise, or swimming pools for first 3-4 days or until redness is gone.
- Clients receiving hair removal to lower legs must avoid professional pedicures until redness is gone.
- Mild sunburn-like sensation may last for 2-72 hours.
- Bony areas such as the jaw may be tender a few days, treat areas gently.
- Avoid sun exposure for at least several days following laser hair removal.
- Use daily SPF 30, the sun has a profound effect following laser treatments.
- Perifollicular edema and erythema resolve in up to 10 days generally.
- No epilation during series, clipping and shaving only.
- Appearance of stubble occurs in 10-21 days as old hair falls out, this is not new growth.
- Avoid Retin-A, Benzoyl Peroxide, glycolics, astringents, exfoliation for at least 7 days. Do a spot test before resuming these products. If skin is sensitive wait 24 hours and perform another test spot. Resume when skin test is negative for sensitivity.
- Topical antibiotic ointment (Polysporin) for blisters and crusting, twice a day until healed.
- Do not pick, pluck, or manipulate treated areas.
- For a history of cold sores, continue antiviral medication as prescribed by physician.
- Please contact our office at 703-264-0904 for questions or concerns.

(Stress, birth control, pregnancy, diet, puberty, menopause, metabolism, and health effect hormones. Clients can experience hair growth years after laser hair removal from follicles that were empty of hair during the treatment series).