

Pre & Post Care Guidelines for Laser Hair Removal

Pre-treatment for Laser Hair Removal

- **Do not tweeze or wax** for at least four to six weeks prior to your treatment.
- **Do not use any bleaching agents** on the hair that is being treated for at least 4 – 6weeks
- **Shave the area to be treated 24 hours in advance. Do not shave the morning of the treatment.**
- If you are currently using or have been on Accutane within the last 10 months, please inform your laser hair specialist before treatment.
- **If the area being treated has been exposed to the sun without the use of sunscreen or has recently received coloring due to long periods of sun exposure please let your laser specialist know.**
- **Sunscreen (SPF 15 or greater) must be applied to the area's being treated for at least 2 weeks prior to your appointment (must reapply every 2 hours while outdoors).**
- Please notify the laser hair specialist of any changes in your medication.
- You may take Ibuprofen prior to treatment which may help decrease any discomfort during and after the treatment.
- Wear white underwear (with no elastic) if having the bikini area treated.

Post-treatment

- You may feel like you have a mild to moderate sunburn in the area that was treated. You may take acetaminophen or similar mild analgesic for any discomfort.
- Cold compress or an ice pack can be used after treatment to provide comfort and is recommended for darker skin types. Apply for 10 minutes at a time and repeat every few hours if discomfort persists.
- Over the counter Hydrocortisone Cream and Aloe Vera Gel may help with the redness or inflammation of your skin.
- Ointment should be applied to the area to prevent drying and crusting. If crusting develops it should be allowed to fall off naturally (no picking). An antibiotic ointment should be utilized if there is any blistering or break in the skin. Until the redness or inflammation clears away, avoid bathing or washing with very hot water. Use tepid water instead. Keep the treated area clean. Wash gently.
- Avoid direct sun exposure or tanning lights after your treatment. If you do go in the sun, protect the treated area with a broad spectrum (UVA/UVB) sun block of SPF 30 or higher. Reapply every 2 hours or after swimming.
- Do not shave the treated area for at least 3 days after treatment. Do not wax, pluck or use depilatories for the hair that grows back.
- Avoid any irritating medications or chemicals, particularly on the face. Examples of these are Retin-A, Benzoyl peroxide, glycolic acid or astringents. Avoid using deodorant or antiperspirant on treated areas for 24 hours after receiving the treatment.
- Some redness and slight swelling may be present in the area that has been treated; however, this should subside within a few hours.
- **Contact our office if there is an indication of infection (redness, tenderness or puss) at 608-240-0088**