

## Laser Hair Removal Care Instructions

### Before Your Treatment

- 4 weeks prior to treatment, avoid other hair removal methods. This includes plucking, waxing, electrolysis, or any other removal method that can disturb the hair follicle.
- 2 weeks before treatment, avoid sun exposure, spray tans, and tanning lotions as all are considered active tans.
- 5-7 days before treatment, discontinue usage of any antibiotics.
- 3-5 days before treatment, avoid the use of Retin-A and/or Retinols.
- 1 day prior to treatment, shave the area to be treated.
- If you become pregnant or start breastfeeding, please give us a call.

### Day of Your Treatment

- If the face is being treated, have all facial makeup removed prior to your appointment.

### After Your Treatment

Proper aftercare is essential in ensuring positive results. The treated area may be itchy, red, swollen or bruised immediately after treatment. Blistering or dry flaky skin may also occur.

- Ice packs may be used for swelling, bruising or discomfort.
- If your face was treated, you may sleep with your head elevated to reduce swelling.
- Pain may be treated with Ibuprofen or Tylenol.
- If your skin blisters, please call our office. Wash the blister with soap and water, apply Vaseline to the raw area and cover with a band aid to avoid any direct contact or friction with the blister and your clothing. Always keep the blister moist and clean.
- Discontinue use of Retin-A, alpha-hydroxy acid, or other exfoliation products for up to one week after treatment.
- Aloe Vera gel may be used up to two days after treatment to cool the treated area and to reduce any inflammation. Discontinue use immediately if any appearance of skin irritation occurs.

- Makeup may be used on skin that is not blistered or raw.
- In order to decrease the chance of bruising, avoid activities that cause an excessive dilation of blood vessels for a few days following treatment, such as high impact exercise, hot tubs or long hot showers.
- Avoid direct sun exposure on the treated area and continue to use an SPF of 30 or higher.

Reminder: DO NOT expose the treated area to sunlight for up to 8 weeks after treatment and continue to use an SPF of 30 or higher on the treated area thereafter.

**Questions/Concerns.** Post-treatment healing varies from patient to patient. If you have any questions or concerns, please contact our office at 425-450-0880.