

## LASER HAIR REMOVAL PATIENT INSTRUCTIONS & INFORMATION

### Pre-Treatment Instructions:

1. Your provider will likely advise you to discontinue certain topical medications or skin care products, primarily Retinols or any Retin-A products, 3-5 days before (and possibly after) treatment.
2. **You must avoid bleaching, tweezing, depilatories and waxing hair 2 weeks before treatment. The melanin-containing hair must be present in the follicle as it is the “target” for the laser energy.**
3. If you have a history of perioral or genital herpes simplex virus (cold sores), we may provide you with a prophylactic antiviral therapy. The laser does not and cannot give you this condition, but without preventative medication, it could activate the virus and cause an unwanted breakout.
4. **Recently tanned skin cannot be treated!!! If treated within 2 weeks of active (natural sunlight or tanning booth) tanning, you may develop hypopigmentation (white spots) after treatment, and this may not clear for up to 3-4 months or permanently.**
5. The use of self-tanning products, even the gradual moisturizing types (i.e. Jergens or Loreal), as well as spray-tanning must be discontinued 2 weeks before treatment. Any residual self- tanner or spray-tan solution must be completely removed prior to treatment.
6. **The area to be treated must be shaved either the morning of or at least one to two days before treatment. This allows for the hair follicle (our “target”) to be recognized by the laser and also eliminates any possible issues that could arise from the hair being too long.**
7. **You must avoid direct sun exposure 2 weeks before and after each treatment.** Otherwise, pigmented cells in your skin will compete with the melanin in your hair, and complications will occur.
8. At the start of each visit, you will be asked to notify us of any new medication being taken orally and/or topically regardless of whether it is over-the-counter or a prescription.
9. Upon each visit, you will also be asked to verify if you are currently pregnant or breastfeeding as both conditions are contraindicated for safe and optimal laser treatment.

### Post-Treatment Instructions:

1. Immediately after treatment there may be erythema (redness) that may last for 2 hours or longer and edema (swelling) of each hair follicle in the treatment site which may last up to 2-3 days. These responses are completely normal and indicate an effective treatment. The treated area may feel warm or “sunburned” for a few hours after treatment. A topical aloe-vera is often applied immediately after treatment to aid in soothing and cooling the area.
2. **Use of a sunblock with an SPF of 30 or higher should be used at all times on exposed treated areas.**
3. It will take anywhere from 5-14 days for the hair to “shed” (or fall out) depending on the area treated. They hair may look like it is growing, but it is simply working its way out of the follicle.
4. For any hair growth in between treatments, shaving or trimming may be performed. However the use of any depilatories, tweezing or plucking is NOT recommended and could hinder your progress overall.
5. Intense workouts, very hot showers, saunas, hot tubs, swimming pools and physical exfoliants should be avoided for at least 48 hours post-treatment. It is advisable to abstain from the use of “active” skincare products (containing acids and/or retinols) in the treated area(s) for 2-3 days.
6. If there are any questions or issues, please call our Agape Office at 401-738-1212.