



Pre and Post Treatment Instructions

Laser Hair Removal

For your safety and in order to obtain optimum results, the instructions below should be followed

- How to Prepare for your Hair Removal Treatment:
 - o **ABSOLUTELY** avoid any sunburn or suntan for at least 2 weeks prior to laser treatments. Treatment of tanned skin can increase the risk of blistering and/or permanent skin discoloration. **PROLONGED SUN EXPOSURE IS TO BE AVOIDED FOR 2 WEEKS BEFORE AND AFTER TREATMENTS.**
 - o Do not use any self-tanning lotions or spray tanning in the month prior to treatment.
 - o Stop using retinol for one week prior to treatment.
 - o Do not shave for two to three days prior to treatment depending on how far long into the series you are at that time (2 days for early treatments 1-3, 3 days for later treatments in the series 4-8+).
- What to Expect After Laser Hair Removal:
 - o A mild sunburn-like sensation is expected. This usually lasts a few hours, but can last up to 72 hours. Mild swelling and/or redness around the hair follicles are usually noted within a few minutes and typically resolve completely within 24 - 48 hours. Applying an ice pack for the first 24 hours will help to minimize swelling.
 - o EltaMD Laser Enzyme Gel may be applied to reduce sensitivity and aid the healing process.
 - o Makeup and most skincare may be resumed immediately after the treatment.
 - ◆ Avoid any exfoliant creams or cleansers for 1-2 weeks.
 - ◆ Avoid retinol or glycolic/salicylic acid for 1-2 weeks.
 - ◆ Avoid shaving until sensitivity has completely subsided.
 - o Sunscreen (minimum SPF 30) should be used daily. We offer safe, post-laser sunscreen. Ask the staff!
 - o If the skin is broken or a blister appears, apply an antibiotic ointment and **contact** the office immediately. Keep the affected area moist and avoid direct sunlight.
 - o Hair may take **up to 4 weeks**, or in some cases, as little as a few days, to fall out following treatment. Do not be alarmed if hair appears to be "growing" during this time.
 - o Subsequent treatments are based upon your clinician's recommendation and are typically between 4 to 8 weeks apart. We recommend a total of 8 treatments for permanent results. Maintenance treatments are then recommended every 3 to 6 months.

I have read and understand the above. I have had the opportunity to ask any questions and I have received a copy of these instructions.

Patient Signature

Witness Signature

Date