



## **Laser Hair Reduction: Pre and Post Treatment Instructions**

### **PRE TREATMENT:**

- **We cannot treat recently tanned skin.** Avoid sun exposure and self-tanning products 2-4 weeks before and after treatment. If treated within 2 weeks of active tanning (natural sunlight, tanning booth or self-tanner), you may develop hypo-pigmentation (lighter) or hyper-pigmentation (darker) after treatment which may not clear for months or even be permanent. Always apply a broad spectrum (UVA/UVB) sunscreen of SPF 30 or higher daily to the treated area.
- Discontinue topical products/ medications, such as retinols and acids, 1 week prior to treatment.
- Avoid chemical depilatories, bleaching, tweezing, and waxing for 4-6 weeks prior to treatment.
- Shave the treatment area 12-24 hours before treatment.
- Topical anesthetic: While not necessary, you may have topical anesthetic applied at our office at an additional cost. Please let your provider know prior to scheduling your appointment to allot for additional treatment time. Topical anesthetic can add an additional 15-30 minutes to your appointment time.

### **POST TREATMENT:**

- Immediately after treatment, you may feel a sunburn-like sensation for a few hours and/or redness for 2-3 days. You may also experience welting, swelling, itching and crusting which may last for days.
- Treat the skin gently, as if you had sunburn, for the first 48 hours. Avoid very hot showers or baths, soaking in a hot tub, or sitting in a sauna. A soothing skin care product such as Volante may be used.
- While adverse reactions are rare, some individuals may experience blistering, scabbing, or peeling of the skin. You may apply Triple Antibiotic Ointment (not Neosporin), or OTC 1% Hydrocortisone cream to the areas. Avoid rubbing, peeling, or irritating the skin during this healing phase.
- If you experience severe itching and/or hives, you may take an oral antihistamine (Benadryl or Claritin).
- Makeup may be used immediately after the treatment as long as the skin is not irritated.
- Avoid any sun exposure for 2 weeks after treatment to reduce the chance of pigmentation problems.
- Always use a sun block.
- Do not use any other hair removal methods (waxing, electrolysis, tweezing, or depilatories) throughout the course of treatment. Shaving or trimming is preferred.
- Hair will not fall out immediately. 1-3 weeks after treatment, shedding of treated hair may occur, *resembling new hair growth*.
- You may gently exfoliate the treated area by washing the area with mild soap and a washcloth.
- Your next treatment should be scheduled in 4-6 weeks (face), and 6-8 weeks (body).
- Please call us at **(503) 443-2250** with any questions or concerns you may have.