

# Pre and Post Care Instructions

## Laser Hair Removal

### ***Pretreatment Instructions***

- 1 Avoid sun exposure 4-6 weeks before and after treatment until your healthcare provider allows it.
- 2 Your provider may ask you to stop any topical medications or skin care products 3-5 days prior to treatment.
- 3 Avoid bleaching, plucking or waxing hair for 6 weeks prior to treatment. The melanin-containing hair must be present in the follicle as it is the target for the laser light.
- 4 If you have had a history of perioral or genital herpes simplex virus, your provider may recommend a prophylactic antiviral therapy. Follow the directions for your particular antiviral medication.
- 5 If you have a tan or have a darker Fitzpatrick Skin Type, a bleaching regimen may be started at least 2 weeks before treatment.
- 6 Recently tanned skin cannot be treated. If treated within 2 weeks of tanning, you may develop hypopigmentation which may take months to clear.
- 7 The use of self-tanning skin products must be discontinued one week before treatment. Any residual self-tanner should be removed prior to treatment.

### ***Post Treatment Care***

- 1 Immediately after treatment, there may be redness and swelling which may last a few hours to a few days. The treated area may feel like a sunburn.
- 2 A soothing product such as aloe vera gel may be applied if desired.
- 3 Makeup may be used immediately as long as the skin is not irritated.
- 4 Avoid sun exposure to reduce the chance of hyperpigmentation.
- 5 Use SPF 30 or higher throughout the course of treatment.
- 6 Avoid picking or scratching the skin. Do not wax, tweeze, or use other hair removal methods for 6 weeks. Shaving only between treatments.
- 7 Shedding of treated hair may occur days to weeks later. This is normal and not new growth.
- 8 There are no restrictions on bathing, but treat the skin gently for the first 24 hours.