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**LASER HAIR REMOVAL**  
**PRE AND POST TREATMENT INSTRUCTIONS**

**Introduction:**

Hair has three phases of growth: active growth phase, an intermediate non-growth phase, and a resting phase with no hair follicle present. Duration of hair growth cycles vary with the location on the body. The laser can only eliminate the hair that is currently in an active growth cycle so multiple treatments are necessary over a time span (4-8 week intervals) to remove hair from most areas. Final results may not be apparent for several months post treatment.

**Pre-Treatment Instructions:**

1. Do Not Tan areas to be treated.
2. **Shave the area to be treated within 12 hours prior to treatment.** For beards, shave the morning of your appointment.
3. If given, apply numbing cream (topical anesthetic) 45 minutes prior to procedure (For facial hair only).

**Prior to Treatment Do Not:**

1. **Do not wax or tweeze for 4 weeks prior to treatment.**
2. **Do not use hair removal lotions or hair bleach for 4 weeks prior to treatment**
3. **Do not tan or sunburn the area to be treated for 4 weeks prior to treatment**
4. **Do not use self tanning lotions for 4 weeks prior to treatment.** All color from self tanning lotions should be removed by day of your appointment.

**Post Treatment Response:**

Redness and swelling may be seen for 4 to 6 hours following the laser treatment. The treated hairs may take 7 to 14 days to exfoliate and may appear to be "growing" during this time. This hair will fall out in 7 to 14 days after treatment. Commonly, small red bumps may develop around the hair follicles. This irritation usually subsides in a few days. Occasionally, an itchy rash can be present in the first few days after treatment. If this happens, it is usually only after the first two treatment sessions when the hair is very coarse. You can treat it by applying **Caladryl** lotion or gel and by taking an antihistamine like **Benadryl, Claritin, or Allegra**. Rarely, blistering can occur during the first three days following the laser procedure. Blistered areas should be treated with care, keeping the area moist with an ointment until area has healed. Please contact the office if blistering occurs.

**Post Treatment Instructions:**

1. Cold compresses may be used for any redness, swelling, or sensation of a mild sunburn.
2. Tylenol or ibuprofen (motrin/advil) may be used for any discomfort.
3. Vaseline can be applied to any areas of dry skin or crusting. Do Not Pick At Crusts.
4. Do not shave or trim the treated area for 3 days following treatment. After 3 days, shave as often as needed.
5. Do not use Retin-A or glycolic acid creams for 3 days following treatment.
6. Do not expose the treated area to sun for prolonged periods for one week after treatment.
7. Call the office if blistering occurs or if redness and pain persists.

**Between Treatments:**

1. You may trim or shave the treated area.
2. Do not wax or tweeze.
3. Do not use hair removal lotions or hair bleach.
4. Do not tan or sunburn the area to be treated.
5. Please use sunscreen on sun exposed areas to be treated to prevent tanning.
6. Do not use self tanning lotions

**Facial Hair: Time interval between treatments - 3 to 4 weeks**

**Number of Sessions – 7 to 12 sessions. Average 10 - 11 sessions.**

**Body Hair: Time interval between treatments – 6 weeks**

**Number of Sessions – 6 to 10 sessions Average: 7 to 8 sessions**

**Please Note:**

**A minimum of three sessions is required or significant hair will grow back.**

**The number of sessions quoted is an average and varies from person to person.**

**For those with dark skin, hormonal issues, and PCOS, more sessions may be needed.**