



## *Patient Instructions for Laser Hair Removal*

### *Pre-Treatment Instructions:*

1. Avoid the sun 4-6 weeks before and after treatment until your physician allows it. Pigmented cells in your skin compete with melanin in your hair.
2. Your provider may ask you to stop any topical medications or skin care products 3-5 days prior to treatment.
3. You **MUST** avoid bleaching, plucking or waxing hair for 4-6 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 had a history of perioral herpes simplex virus, your provider may recommend prophylactic antiviral therapy.
5. If you have a tan or have darker skin type, a bleaching regimen may be started 4-6 weeks before treatment.
6. **RECENTLY TANNED SKIN CANNOT BE TREATED!** If treated within 2 weeks of active (natural sunlight or tanning booth) tanning, you may develop hypopigmentations (white spots) after treatments and this may not clear 2-3 months or more.
7. The use of self-tanning skin care products must be discontinued one week before treatment. Any residual self-tanner must be removed prior to treatment.

### *Intraoperative Care:*

1. The skin is cleaned thoroughly prior to treatment. A topical anesthetic is optional.
2. When treating the upper lip, the teeth may be protected with moist gauze. The gauze also serves to support the lip during treatment, allowing a surface to push against.
3. The DCD (cryogen skin cooling) device may be used during the laser treatment.
4. Safety considerations are important during the laser procedure. Protective eye wear will be worn by the patient and all personnel in the operative suite during the procedure to reduce the chance of damage to the eye. Your provider will take all necessary precautions to ensure your safety.

### *Post-Treatment Instructions:*

1. Immediately after treatment, there should be mild erythema (redness) and mild edema (swelling) at the treatment site, which may last up to 2 hours, or longer. The erythema may last up to 2-3 days. The treated area will feel like a sunburn for a few hours after treatment. Some patients note that their skin feels pleasantly warm after treatment.

2. Your provider may use an optional cooling method after treatment to ensure your comfort.
3. A topical soothing skin care product such as aloe vera gel may be applied following treatment if desired.
4. Avoid sun exposure to reduce the chance of hyperpigmentation.
5. Use sunblock (SPF 30+) at all times throughout the course of treatment.
6. Avoid picking or scratching the treated skin. **Do not use** any other hair removal treatment products that will disturb the hair follicle in the treatment area for 4-6 weeks after the laser treatment is performed. Shaving may be used.
7. Anywhere from 5-14 days after the treatment, shedding of the treated hair may occur and this appears as new hair growth. This is NOT new hair growth. You can clean and remove the hair by washing or wiping the area with a wet cloth or loofa sponge.
8. After the underarms are treated, you may wish to use a powder instead of deodorant for 24 hours after the treatment to reduce skin irritation.
9. There are no restrictions on bathing except to treat the skin gently, as if you had a sunburn, for the first 24 hours.
10. Return to the office or call for an appointment at the first sign of hair regrowth. This may be within 4-6 weeks for the upper body and possibly as long as 2-3 months for lower body. Hair regrowth occurs at different rates on different areas of the body. New hair growth will not occur for ATLEAST 3 weeks after treatment.
11. Call your healthcare provider's office at **781-938-1888** with any questions or concerns.