



IMPORTANT INFORMATION for Laser Hair Removal

**Laser hair removal is FDA approved for the permanent *reduction* of unwanted hair growth.

Hair reduction is achieved over the course of **approximately 6-12 treatments. The number of treatments varies by person and area being treated. After a completed series, you can expect to need a "maintenance" treatment every 6-12 months.

**During each treatment, the laser will treat only the hairs that are in the active growth cycle - *this does not mean all visible hair*. This is why it takes a series of treatments to reach each different growth cycle.

Treatments should be performed **every 4-6 weeks and it is VERY IMPORTANT that you are consistent in coming in for consecutive treatments in order to get the best results.

PRE-TREATMENT INSTRUCTIONS

- If you are having facial hair treated and are using Retin A or Renova, please discontinue use 72 hours prior to treatment.
- If you have a history of cold sores or had a recent breakout, please notify the RN or esthetician.
- Avoid direct sun exposure. A sun screen of SPF30 or better should be used at least 3 weeks prior to the treatment. Do not use tanning booths or self tanning creams for 4 weeks prior to treatment.
- Shave the area to be treated the night before or morning of the procedure.
- No depilatory creams, plucking, or waxing 2 weeks prior to the treatment.
- Do not wear make-up, deodorant or use moisturizer on the area to be treated the morning of the procedure.
- If possible, wear clothing that will allow access to the areas to be treated.
- You may experience a slight vibration or heat on your teeth or dental work if being treated around the mouth area...this is normal.
- Please notify us if you have a tongue piercing or braces.
- We are not able to treat over tattoos, so please inform us of any tattoos.

POST-OPERATIVE INSTRUCTIONS

- After treatment the area may be red and there may be temporary localized swelling. The redness can last for up to a few hours. You may have the appearance of raised bumps where the hair follicles are, this is normal.
- The treated hair (any hair in the active growth cycle at the time of treatment) will take approximately 2 to 3 weeks to fall out as the hair naturally works its way out of the skin.
- In between treatments shaving is acceptable. **Do not tweeze, pluck, or wax the hair.**
- If redness or swelling occurs, ice packs or a bag of frozen peas over the affected area can be applied.
- Avoid heat and hot water on the treated areas for 24 hours.
- Use mild soaps that do not contain ingredients that may irritate the area.
- After showering, gently pat the area dry. Do not rub the area as it may be sensitive.
- If irritation occurs, do not pick or scratch it. Apply an antibiotic ointment to the area and notify the office of the reaction.
- Apply at least an spf of 30 and avoid direct sun exposure to the area treated.

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