

Laser Hair Removal Instructions

Before Treatment

- Do NOT tan or use self-tanner 4 weeks prior to treatment.
- **Do NOT wax, pluck, tweeze, or use hair removal cream** for 1 week prior to treatment. The laser needs the roots of the hair present to be effective.
- **DO** shave the night before your appointment. Try to get as close of a shave as possible.

After Treatment

- There may be redness, bumps, or a sunburn sensation in the treated area. This may last for a few hours to a day. Cold compresses can be used reduce swelling or discomfort if desired.
- If your provider gives you a post procedure steroid cream, DO use 1-2x/day for 5 days.
- DO use gentle cleansers (Cetaphil, CeraVe), lukewarm water, and do NOT rub the skin vigorously. Moisturizers and/or makeup may be used immediately if the skin is not broken.
- DO Avoid sun exposure and use a broad spectrum (UVA/UVB) sunblock SPF 30 or greater on the treated areas.
- If the underarms were treated, deodorant can be applied in the underarms after 24-48 hours.
- For optimal results, do NOT use any other hair removal methods other than shaving during the course of your laser treatments.
- You may notice hair roots pushing its way out of the skin after the treatment. You can help exfoliate the hair by gently wiping with a washcloth, but do not pick at the area.
- If you have darker skin, you may be asked to use a bleaching cream before and after the treatments: use it as directed by your provider.

Maintenance

- Follow up treatments are usually scheduled at 4-6 week intervals.
- Consistent treatments will produce the best results. 4-6 successive treatments are usually recommended, after which you may need a maintenance treatment 1-2 times/year.

We want you to have an outstanding result. If you have any questions or unexpected concerns, please call the office for assistance.