



Laser Hair Removal Instructions

BEFORE TREATMENT

- Do not tan or use self-tanner 4 weeks prior to treatment
- Do not wax, pluck or tweeze for at least 5 days prior to treatment
- Shave the night before your appointment. Try to get as close of a shave as possible.

AFTER TREATMENT

- Immediately after treatment, you may have redness and bumps at the treatment area, which may last up to 2 hours or longer. It is normal for it to feel like a sunburn. Cold compresses or ice packs can be used to reduce swelling or discomfort if needed.
- Your provider may give you a steroid cream for redness and swelling to be used once or twice a day until the redness has subsided. If you have any crusting, use an antibiotic ointment.
- You may shower and use soap after the laser treatment. Use gentle cleansers (Cetaphil, CeraVe), lukewarm water and do not rub the skin vigorously. Skin should be patted dry and not rubbed. Deodorant can be applied to the underarms after 24 hours.
- Skin moisturizers may be used immediately and makeup can be applied if the skin is not broken. Moisturizers will help the dead hair fall out of the follicle.
- Avoid sun exposure and use a broad-spectrum (UVA/UVB) sunblock SPF 30 or greater on the treatment area at all times to reduce the chance of dark or light spots.
- If you have darker skin, you may be asked to use a bleaching cream before and after the treatments.
- For optimal results, it is recommended that you do not use any other hair removal methods or products on the treated areas during the course of your laser treatments.
- Anywhere from 5-30 days after the treatment, shedding of the hair may occur and this may appear as new hair growth. This is not new hair growth, but dead hair pushing its way out of the follicle. You can help the hair exfoliate by washing or wiping with a washcloth.

FOLLOW UP TREATMENTS

- Follow up treatments are usually scheduled every 4-6 weeks or at another scheduled time depending on the site being treated.
- Consistent treatments will produce the best results: 5-6 successive treatments are usually recommended (darker skin types may require more) to achieve the desired outcome, after which you may need a maintenance treatment 1 or 2 times per year.

If you have any questions or concerns, please contact our office at 562.256.9929. If it is after hours, our service will get a message to your doctor.