

# keep glowing

## med spa

### Laser Hair Removal Care Instructions

#### Pre-Treatment Care

- If you have had a history of peri-oral or genital herpes simplex virus (HSV), we suggest you take prophylactic antiviral therapy. We suggest you discuss this with your regular primary care physician. Your treatment provider may also discuss prophylactic treatment options with you.
- **RECENTLY TANNED SKIN CANNOT BE TREATED!** If treated within 2 weeks of active (natural sunlight or tanning booth) tanning, you may develop hypo-pigmentation (white spots) after treatment and this may be permanent. The use of self-tanning skin products **MUST** be discontinued **ONE WEEK** before treatment. Any residual self-tanner should be removed prior to treatment.
- Your physician may ask you to stop any topical medications or skin care products 3-5 days prior to treatment.
- Avoid the sun 4-6 weeks before and after treatment. Tans compete with melanin in the hair and can result in permanent skin discoloration.
- 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.
- We recommend that you shave the hair the day before your treatment.

#### Post-Treatment Care

- Immediately after treatment, there should be erythema (redness) and edema (swelling) of each hair follicle in the treatment site, which may last up to 2 hours, or longer. The erythema may last up to 1-2 days. The treated area will feel like a sunburn for a few hours after treatment.
  - If perifollicular erythema (redness/swelling around the hair follicle) lasts for greater than 3 days please contact the office.
- A topical soothing skin care product such as aloe vera gel may be applied following treatment if desired. An ice pack may be applied to the area as well.
- Apply a moisturizing cream consistently for dried treatment areas.
- Makeup may be used immediately after the treatment as long as the skin is not irritated.
- **Avoid sun exposure to reduce the chance of hyper-pigmentation (darker pigmentation).**
- Use a sun block (**SPF 30+**) at all times throughout the course of treatment.
- Avoid picking or scratching the treated skin. **Do not use** any other hair removal treatment products or similar treatments (**waxing, electrolysis or tweezing**) that will disturb the hair follicle in the treatment area for 4-6 weeks after the laser treatment is performed. **Shaving** is the preferred method of hair removal. You may resume shaving the day following treatment, as needed.
- Anywhere from 10-21 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.
- After the axillae (underarms) are treated, you may wish to use a powder instead of deodorant for 24 hours after the treatment to reduce skin irritation.
- Avoid saunas or steam rooms for at least 7 days following treatment.
- Avoid **OVERLY EXERTIONAL** exercise for 2-3 days after treatment.
- There are no restrictions on bathing except to treat the skin gently, as if you had a sunburn, for the first 24 hours.
- Follow up as directed by your provider.
- 3-5 sessions are recommended and sessions are typically scheduled 4-6 weeks apart.

Please call our office at 848-217-2662 if you have any questions or concerns. If you cannot reach our office and are in need of immediate medical care, please report to your nearest emergency room.