



Laser Hair Removal

Pre-Treatment Instructions

1. **Avoid the sun for 4-6 weeks** before treatment.
2. **Hair must be shaved in the treatment area 12-24 hours prior to any hair removal procedure.**
3. You **MUST** avoid Nair, plucking or waxing hair, laser, and electrolysis for **6 weeks prior** to treatment.
4. If you have a **history of perioral herpes, prophylactic antiviral therapy** may be started the day before treatment and continued one week after treatment.

Post-Treatment Instructions

1. **Immediately after treatment, there will be erythema (redness) and follicular edema (swelling) at the treatment site.** These expected side effects may last up to 2 hours, or up to 2-3 days in some cases. The treated area will feel like sunburn for a few hours after treatment. The **application of ice** during the first few hours after treatment will reduce the discomfort and swelling that may be experienced.
2. Darker pigmented people may have more discomfort than lighter skin people and may require aloe vera gel or ice after treatment. Hydrocortisone cream is also used when appropriate for comfort and resolution of symptoms.
3. Makeup may be used immediately after the treatment.
4. **Avoid sun exposure to reduce the change of hyperpigmentation or darker pigmentation.** Use sunscreen (SPF 30 or greater) at all times throughout the course of your treatment. If you are going a sunning trip, you should wait at least 4 weeks between your trip and your next treatment.
5. **Avoid picking or scratching** the treated skin. **Do not use** any other hair removal treatment products or similar treatments (**waxing, electrolysis or tweezing**) this will disturb the hair follicle on the treatment area for 4-6 weeks after the laser treatment is performed. Shaving or clipping is fine.
6. **Call our office at (603) 624-1638 with any questions or concerns** you may have after the treatment. Hair regrowth occurs at different rates on different areas of the body. New hair growth will not occur for AT LEAST three weeks after treatment. Re-treatment is recommended 4-6 weeks for any areas above the collar bone, and 6-8 weeks for areas below the collar bone.
7. **Anywhere from 5-14 days after treatment, shedding of the surface hair** may occur and this appears as new hair growth. You can clean and remove the hair by washing or wiping the area with a wet cloth.
8. **After the axillae are treated, use a non-talc 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 have a sunburn, for the first 24 hours.