

## **Pre Treatment Instructions for Laser Hair Removal**

In areas where unwanted hair will be treated, the hair should be shaved closely the morning of or night before treatment. In areas where the hair is sparse, or if the hair is fine after several treatments and stubble cannot be seen, it may be preferable to shave 2 to 3 days in advance. When growth is sparse it helps us to see these fine hairs. Areas to be treated must be clean. **If possible, please arrive without lotions or makeup.** A topical anesthetic is available for purchase and recommended for pain control. This topical anesthetic must be applied in the office the first time it is used. Please come prepared to wait in a private room while the anesthetic takes effect. The dose of topical anesthetic is limited to 1 ounce. It should be allowed to remain on the skin with an occlusive dressing (cellophane wrap) for 60 minutes prior to treatment to effectively numb the skin. After the initial treatment it may be applied at home.

- **Clothing that allows access to the areas to be treated should be worn (i.e., a tank top to treat underarms, a white or light colored bathing suit or underwear to treat the bikini area, etc.), along with loose clothing to wear following treatment.**
- **Absolute** contraindications include pregnancy and accutane use during the past three months.
- **Relative** contraindications include immunosuppressive disorders and some medications. **Please keep us up to date on medical history changes.**
- The laser must avoid tattoos.

### ***More general information...***

Your appearance is important to us, so we would like your skin in the best possible condition for laser hair removal. The melanin in the upper layer of the skin is energized by the laser and may burn if it is tan. You need to be a partner in this treatment by avoiding sun exposure to the treatment area. That means wearing protective clothing and using maximum sun block to prevent tanning. The highest SPF sunscreen, which blocks UVA & UVB light, must be used. UVA light affects collagen, the connective tissue of the skin, and is responsible for wrinkling of the skin. UVB light is the spectrum of sunlight that causes burning. The sun's rays can penetrate the clouds as well as light clothing. As a result, sunscreen is an important part of ongoing skin care as well as pretreatment regime. However, **we now have lasers that can treat all skin pigments and can be used on tan skin if the hair is dark and somewhat coarse.**

We recommend Azeleic Acid, Erythromycin or Cleocin-T gel, and Glycolic Acid products for acne sufferers to minimize acne. Often ingrown hair is associated with what appears to be acne. This is called pseudofolliculitis barbae. We offer a wide range of treatments and products for acne. A skin consult with Dr. Parker is advised. Azeleic Acid also decreases the occurrence of ingrown hair, as well as blackheads.

Laser light has been known to activate herpetic lesions. A history of herpes simplex (cold sores) in the treatment area indicates the use of an antiviral agent such as acyclovir (Zovirax) or Valtrex the day before, during, and after laser treatment.

Hair bleaching should be discontinued 7 - 10 days prior to treatment. Waxing and tweezing should be stopped 3 - 4 weeks prior to treatment. Shaving or depilatory use is permissible, but should be discontinued 1 - 7 days prior to treatment, depending upon hair thickness and growth rate.

## **Post Operative Treatment Instructions for Laser Hair Removal**

Patients should expect, at the most, to be red and irritated, possibly swollen, initially following treatment. This initial response usually minimizes within several to 48 hours. Cool compresses best aid in alleviating redness and irritation. Some patients experience no effect beyond this, while others experience superficial crusting, a bruise-like appearance, or possibly blistering; these side effects should be reported to Lasair. All of these effects are transient and should resolve within one to two weeks. The Diode laser may cause folliculitis (small pimples).

Everyone will shed dead hair from the follicle for a time period of three weeks to five weeks following treatment. Shedding typically begins 10 to 21 days after treatment and the hair may seem to be growing. However, it is coming out of the follicles. **If there is any question about the effectiveness of the treatment or questions concerning missed areas we must evaluate you within two to three weeks.** Exfoliation methods, such as mild glycolic acid products, body scrubs, or shaving aid in this process. Shaving is recommended between treatments. We have products and suggestions to assist you through this process. **Please give us a call if you have questions or concerns.** Due to the nature of this treatment, we expect some missed areas. Those areas may be clipped or shaved until an overall emergence indicates another treatment. Some patients elect to treat those missed areas before the next treatment. We do not routinely recommend treating missed areas because over the course of 6 – 8 treatments, most of these areas will be affected unless the hair is blonde, white or very deep in the dermis.

### ***Other recommendations include:***

- Tylenol or Ibuprofen may be taken for discomfort if no allergy exists.
- A topical corticosteroid may be used to minimize redness and irritation.
- An antibiotic ointment, such as bacitracin, may be used to prevent infection if there are any blistered areas. We will guide you through these side effects and need to see you in follow up immediately. We would like to be notified immediately if this side effect occurs.
- No harsh soaps, scrubs, loofahs, etc. for 2 – 7 days. Tepid showers for first 24 hours.
- No topical acne medications, glycolic, retinoic, or ascorbic acid for 2 – 7 days in the area of treatment.
- Do not pick or scratch treated areas.
- Make-up is permissible if no blisters are present.
- When no longer tender, exfoliation (loofah, body glove, coarse washcloth, alpha hydroxy acid products, shaving, etc.) may be employed to aid in resolution of hair shedding and crusting. Do not tweeze or wax between treatments.
- Avoid sun exposure unless using a sunblock of SPF 30 or more. Avoid tanning without sunblock for at least 4 weeks after treating. If tanning, be sure to let your medical provider know at the time of your next treatment.
- Elevate treated area, particularly legs, the day of treatment.
- If there is irritation or discomfort in the bikini area use Balmex (diaper rash cream) found in the diaper aisle at the grocery or drug store.