

## Laser Hair Removal Before and After Instructions

The following instructions are for laser and intense pulsed light (collectively referred to as laser) treatments for hair removal.

### Prior to treatment

- Avoid tanning beds, direct sun exposure, and sunless tanning products for 4 weeks prior to each treatment and the duration of treatments
- Do not use medications that cause photosensitivity (such as doxycycline and minocycline) for at least 72 hours prior to each treatment.
- If you have a history of herpes (oral cold sores, genital) or shingles in the treatment area, start your antiviral medication (valacyclovir, acyclovir) as directed for 2 days prior to treatment and continue for 3 days after treatment.
- Discontinue use of glycolic and Retin-A containing products 1 week before treatments.
- Shave the area to be treated 1 day prior to your visit. If the hair in the treatment area is very sparse, do not shave -- the provider will have that area at the time of your treatment.
- Do not pluck, wax, undergo stringing or electrolysis, use depilatory creams or bleach for 4 weeks prior to treatments.
- At the time of treatment, the area must be free of any open sores, lesions, or skin infections (e.g., active acne).

### After Treatment

- Some skin redness and swelling along with a mild to moderate sunburn sensation in the treatment area are common. This typically resolves within a few hours but may last up to 3 days.
- Apply a wrapped cool compress or wrapped ice pack to the treated area for 15 minutes every 1-2 hours as needed to reduce these symptoms. You may also apply hydrocortisone 1% over-the-counter cream two times per day on intact skin up to 3 days to decrease any skin irritation.
- Gently wash twice daily with mild soap, do not rub the skin vigorously and avoid hot water, as the skin will be fragile for several days.
- Avoid activities that can cause flushing for 24 hours after treatment or until any swelling resolves.
- Avoid any topical products that may cause irritation for 1 week following treatment.
- If blistering, crusting, or scabbing develops, call or office immediately at (719) 728-2878. Apply a thin layer of antibiotic ointment (such as bacitracin) to the area twice a day until the skin heals. Do not pick or attempt to remove the scabs that form following your treatments as this may incur infection or scarring.
- Any extruding singed hairs is normal and may occur for several weeks.