



## LASER HAIR REDUCTION PRE & POST CARE INSTRUCTIONS

We look forward to seeing you for your appointment. Below are the pre- and post-care instructions for your treatment:

### **PRE-CARE INSTRUCTIONS:**

#### **Please do not:**

- Have this treatment if you are pregnant
- Use any form of hair removal in the treatment area such as waxing, threading, tweezing or Nair at least four weeks prior to the treatment. Shaving is fine.
- Apply self-tanner to the treatment areas within 2 weeks of the appointment
- Apply products that are potentially irritating for 2-5 days before treatment unless directed by your provider (examples- tretinoin/Retin-A, alpha and beta hydroxy acids, benzoyl peroxide, hydroquinone)
- UV or sunless tan any of the treatment areas. This may cause a burn or a less effective treatment.

#### **Please do:**

- Shave the treatment area the day of or the day prior to your appointment.
- Inform your provider if you have any questions prior to the treatment.
- Avoid sun exposure prior to treatment. Use SPF 30+ daily.
- Inform your provider prior to your treatment if you have a request for numbing cream. Numbing cream is not typically needed for treatments but will be provided on an individual basis.
- Inform your provider if you have had any medical updates including new medications, allergies, surgeries or medical events.
- Inform your provider if you have a history of cold sores to receive advice on antiviral therapy prior to treatment.
- Inform your provider if you are taking or have recently taken antibiotics.
- Inform your provider if you have any current skin cancer or any other type of cancer.
- Inform your provider if you have taken Accutane/isotretinoin (oral acne medication) in the past year.
- Reschedule your appointment if you have any open wounds or active skin conditions such as cold sores, eczema, psoriasis, dermatitis or warts in the treatment area.
- Inform your provider if you have any tattoos or permanent makeup in the treatment area.
- Avoid cosmetic procedures such as microneedling, microdermabrasion, chemical peels and laser procedures in the treatment area for at least two weeks pre- and post-treatment.

- Reschedule your appointment if you have used self-tanning lotions in the past two weeks or have any tan skin in the treatment area.

### **Day of Treatment:**

- Arrive with the treatment area clean and free of any makeup, deodorant and topical products.
- Arrive at least five minutes before your scheduled appointment time to complete the check-in process, update or fill out any necessary paperwork.

## **POST-CARE INSTRUCTIONS:**

### **Managing Discomfort:**

- Post treatment discomfort is typically minimal but if the area is very uncomfortable, oral pain reliever; i.e. Extra Strength Tylenol, may be used.
- Patient response can vary after a hair reduction treatment. Erythema (redness) and edema (swelling) around the hair follicles in the treated area are sometimes noted within a few minutes after the completion of the procedure and typically resolve within 24-48 hours. A sunburn sensation in the area treated is also normal and expected.
- In rare cases, hives have been reported after laser hair reduction treatments. If you experience an irritated, raised rash after treatment contact the office. Benadryl may be taken to help relieve the itchiness.
- A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. This is typically only needed within the first 12 hours after the treatment.
- Vitamin E or aloe vera applied to the treatment area may provide a soothing effect.

### **Skin Care/Makeup Application:**

- The treated area must be treated with care. BE GENTLE! Do not scratch or pick at your skin.
- Until skin sensitivity has completely subsided, avoid all of the following:
  - Applying make-up over the treated areas
  - Use of scented lotions or soaps, deodorants, exfoliant creams (Retin-A, glycolic/salicylic and alpha-hydroxy acids), acne creams or gels, loofa sponges and aggressive scrubbing
  - Hot or cold water - wash with tepid water
  - Shaving in the treated area
  - Swimming pools and spas with multiple chemicals/chlorine
  - Strenuous exercise and sweating
- If the skin is broken, crusted or a blister appears, apply a petroleum-based ointment and contact the office immediately. Keep the affected area moist and avoid direct sunlight. Do not pick at these areas, as this may result in infection or scarring.

- With the exception of shaving, do not use any other hair removal methods on the treated area during the course of your laser treatments (tweezing, waxing and depilatories), as it will prevent you from achieving your best results.

**Exercise:**

- Avoid activities that cause excessive perspiration until any skin sensitivity has subsided.

**Sun/Light/Heat Exposure:**

- Avoid saunas and hot tubs until any skin sensitivity has subsided.
- Resume sun protection and SPF 30+ application immediately after the treatment. The treated area is more prone to sunburn and pigmentation change. Strictly avoid any sun exposure to the treated area and wear a wide-brimmed hat or protective clothing for one month after treatment.

**Follow Up:**

- Hair may take up to 4 weeks, or in some cases, as little as a few days, to fall out following treatment. Do not be alarmed if hairs appear to be “growing” during this time.
- Subsequent treatments are based upon your clinician’s recommendation and are typically 4-8 weeks apart. The number of treatments required will depend upon the body location, the amount of hair present, the character of the hair and your skin type.
- Please contact us if you have any questions or concerns. Text is the best method of contact if you have after-hours questions.

Thank you,

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