

Patient Instructions for Laser Hair Removal

Pre-Treatment Instructions:

1. **Avoid all tanning methods** for 2-4 weeks prior to and 2 weeks following treatment. Treatment of tanned skin may cause blistering and/or hypopigmentation (skin lightening) which may last up to 1 year or be permanent.
2. Avoid plucking/tweezing, waxing or electrolysis for at least 4-6 weeks prior to treatment.
3. The laser is attracted to dark colors. If we are treating your bikini area, for example, we ask that you wear white undergarments.
4. The area to be treated must be free of make-up, creams, or oils. You will be asked to wash them off prior to the treatment if you choose to wear them.
5. The skin should be **shaved one day prior to treatment**.

Intra-Treatment Care:

1. A cooling device will be used to minimize discomfort.
2. Protective eyewear will be worn by everyone in the treatment room during the procedure.

Post-Treatment Care:

1. We expect redness and swelling at the treatment site which may last for 2 hours after treatment or longer. Most redness and swelling will last no longer than 2-3 days after treatment. The treated area may have a sensation of sunburn for a few hours following treatment.
2. The use of a cold pack or a soothing gel/cream for the first few hours after treatment will reduce the discomfort and mild redness and swelling. For stronger follicular inflammation (swelling at hair follicle) a topical steroid can be applied. Rarely, minor blistering may occur. In this case, we recommend applying a thin layer of over-the-counter antibiotic ointment. If this should happen, please contact our office at 716-712-1050.
3. If no blistering is present, mineral make up (which is easy to remove) may be applied immediately after treatment. Use a new/ clean makeup applicator to reduce the possibility of infection.
4. Avoid sun exposure to reduce the chance of hyperpigmentation (darkening of the skin) for a minimum of 2 weeks following the procedure. Use sunscreen that is at least SPF 30 and contains zinc oxide and/or titanium dioxide throughout the course of treatment.
5. Avoid scratching or picking at the treated skin.
6. Avoid the use of deodorants or fragrance on treated areas if the skin is irritated.
7. Do not use any hair removal methods such as electrolysis, waxing, tweezing/plucking, or bleaching throughout the course of the procedure, as these modalities may disturb the hair follicle. You may shave or use scissors.
8. New hair growth will not occur for at least 3 weeks following treatment. Your body will begin to force the 'dead' hair out of the follicle, which may appear as though the hair is growing. This can be removed with a wet washcloth, sponge, or loofah.
9. There are no restrictions on bathing, except to treat the skin gently.
10. We recommend a series of 6-8 treatments initially plus maintenance as needed.
11. Call our office with concerns or questions that you have after the treatment.

Compliance with care guidelines is crucial for optimal results, healing, and prevention of scarring or skin color changes.