

# Laser Hair Reduction Instructions

## Pretreatment Instructions

### Avoid sun exposure or spray tan

Avoid any sun exposure or spray tanning for 4 weeks (one month) before treatment. Do not bleach, pluck or wax for six weeks before treatment. This removes the hair follicle which is necessary for hair removal to be effective. Tan skin will have to be treated at lower settings which may reduce the effectiveness of your treatment. Spray tan cannot be treated.

### Shaving

Please shave the area to be treated the day before your appointment. Excess hair can increase discomfort during your treatment. Remember not to pluck, tweeze, wax, bleach, or use depilatory creams. Shaving is the only acceptable form of hair removal while undergoing laser treatments for reduction.

### Lotions and deodorant

Please avoid using any lotions, underarm deodorant, or makeup in the area to be treated on the day of your treatment. If you do need to wear makeup, it can be washed off at the time of your treatment. Makeup may be applied immediately after your treatment.

### Skin care

Please stop all retinol and hydroquinone products to the treatment area 3 days prior to treatment. You may resume 3-5 days after each procedure depending on how sensitive your skin feels.

### Cold sore treatment

If have had a history of herpes in the area to be treated, prophylactic antiviral therapy may be started the day before treatment and continued one week after treatment. Contact our office if you need a prescription.

## Post Treatment Care

### What to expect

Immediately after treatment there may be redness and swelling at the treatment site, which could last several hours. Redness may last up to 2-3 days. The treated area will feel like a sunburn for a few hours after the procedure. Cold compresses may reduce the discomfort and swelling.

### Discomfort

Aloe Vera gel or a cold compress following treatment helps to reduce discomfort and cools the skin.

### Makeup

Makeup may be used immediately after the treatment.

### Blistering

If you develop blistering, begin an antibiotic ointment and notify our office. Do not apply makeup over any blisters.

### Sun exposure

Avoid sun exposure to reduce the chance of complications. Use sunscreen (SPF 30 or greater) at all times throughout the course of treatment.

## Skin care

Avoid picking or scratching the treated skin. Do not use any hair removal treatments or products (waxing, electrolysis or tweezing) that will disturb the hair follicle during treatment. You may shave.

## Deodorant

Use powder rather than deodorant for 24 hours if your underarms have been treated to reduce skin irritation. You may resume deodorant after 24 hours.

## Bathing

There are no restrictions on bathing except to treat the skin gently, as if you had a sunburn, for the first 24 hours.

## Hair shedding

New hair growth will not occur for at least three weeks after treatment. Anywhere from 5-14 days following treatment, shedding of the surface hair may occur. This will appear as if new hair is growing. You may clean and remove the hair by washing or wiping the area with a wet cloth or Loofa sponge.

## Follow-up

Call our office with any questions or concerns you may have post treatment. Be sure to schedule your next treatment within 4-6 weeks for facial areas and 6-8 weeks for all other body areas. It is important to continue treatments following this schedule, as varying from this will negatively impact your hair clearance.

## Emergency Contacts

Doctor Dorner is available twenty-four hours a day. If you are having problems please call the office at 614-336-9000 and press one to have him paged. Be sure to leave your contact information.

For any life-threatening emergencies, you should call 911.

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