

Lakewood Ranch
Hair
Removal
Center

Pre-Treatment Advice to Patient

- Avoid tanning for 4 weeks before treatment, this reduces the risk of hypo or hyper pigmentation (white/dark spots).
- Use a sunscreen of 30+ SPF.
- Do not wax, tweeze, bleach, nor have electrolysis for 6 weeks before treatment.
- You may be asked to use pre-treatment cream (hydroquinone) for 4-6 weeks before treatment stopping 2 weeks before treatment.
- You may shave or use a depilatory cream until 3-14 days before treatment, however, stubble should be visible on the day of treatment.
- If you have had a history of perioral herpes, prophylactic antiviral therapy may be started the day before treatment and continued one week after treatment.
- If you are tan or have a darker skin type, a bleaching regiment may be started 4-6 weeks before treatment. **TAN SKIN CANNOT BE TREATED! If treated**, you will have hypopigmentation (white spots) and this may not clear for 2-3 months or more. Also, the use of taming cream **must** be discontinued one week before treatment.

Post-Treatment Advice to Patient

- Shortly after treatment areas will be tender, slightly red and swollen. This reaction usually disappears within a few hours. Blisters may occur in sensitive areas such as bikini line and neck areas. Oozing, crusting and scabbing may occur within 1-3 days.
- Do not pick or remove scabs. Do not use any other hair removal treatment products or similar treatments (waxing, electrolysis or tweezing) that will disturb the hair follicle on the treatment area for 4-6 weeks after the laser treatment is performed. Shaving or depilatories (Nair) may be used.
- Apply aloe vera gel or an antibiotic ointment (Polysporin, Bactroban, or Hydrocortisone) twice daily until the area is healed. The area will heal in 5-7 days. If you experience itching, antihistamines such as Benadryl may be taken 1-3 days if required. Darker pigmented people may have more discomfort than lighter skin people and may require aloe vera gel or antibiotic cream longer.
- For the first 2-3 days apply an ice pack for 15 minutes a few times a day if you have swelling or discomfort.
- After the axillae or underarms are treated, use a powder or alcohol, instead of deodorant, for 24 hours after the treatment to reduce skin irritation.
- Makeup should be avoided for 3-4 days until the site has healed. New makeup is best to avoid risk of infection. Moisturizer will help the dead hair exfoliate from the follicle, so use moisturizer frequently and freely on the treated area. Any moisturizer without alpha-hydroxy acids will work
- After the area has healed avoid exposure to the sun for 2 months and use a sunscreen of 30+ SPF.
- You may shower the next day after laser treatments. The treated area may be washed gently with a mild soap. The skin should be patted dry and NOT rubbed. Note: Stubble representing dead hair being shed from the hair follicle will appear within 10-20 days from the treatment date.

Signature: _____ Date: _____

Witness: _____ Date: _____