



Laser/IPL Hair Reduction

Instructions

Pre-treatment Instructions:

- Use SPF30 sunblock to treatment areas that are sun exposed. Improve results by limiting sun exposure, tanning beds or tanning lotions for four weeks prior to treatment. This prevents pigmentation and scarring.
- Tell us if you have taken Accutane in the past six months. No Accutane 1 month before treatment.
- Tell us if there has been any change in medical history since your last visit.
- Call us 2 days before your next appointment if there is no hair re-growth in area to be treated.
- Shave the area to be treated within 12 hours before treatment. We can shave you at the regular hourly rate. Schedule additional time for prep with the front desk. If treating a heavy beard, shave the morning of your appointment.
- Apply topical anesthetic as directed before coming in for your appointment.
- If you have a history of cold sores, take your antiviral medication (Acyclovir, Valtrex, Zovirax) on the day before, day of, and day after treatment.

Prior to treatment, **Do Not's:**

- Do NOT wax or tweeze for four weeks before treatment.
- Do NOT use Retin-A or glycolics for a week before treatment.
- Do NOT use hair removal lotions or hair bleach for 4 weeks before treatment.
- Do NOT use tetracyclines, vibramycin, erythromycin, Zithromax, or St. John's Wort for 7 days before treatment. These make you photosensitive.

Post treatment requirements:

- Use SPF30 sunblock on all treated areas that may be sun exposed.
- Apply cold compresses or ice if needed for comfort or to decrease swelling.
- Aloe vera gel may be used on the treated areas.
- Shaving or using clippers are the only acceptable methods of hair removal between treatments.
- Gently wash treated areas twice a day with tepid water and mild soap.

Post treatment, **Do Not's:**

- Do NOT bath or wash in hot water or use astringents for one week post treatment.
- Do NOT expose the treated area to sun (or tanning) for prolonged periods for one week post treatment.
- Do NOT use Retin-A, benzoyl peroxide, alpha-hydroxy, vitamin C products, astringents, or glycolics for a week post treatment. Do not exfoliate the treated area for a week following treatment. Use a loofah or washcloth once redness is gone.

Post treatment expectations:

- Hair may grow for a few days after treatment. Hair loss will be most evident ten days to two weeks after treatment. After your treatment you may expect a mild sunburn sensation that typically lasts 2-3 hours. Redness and swelling may last 1 day. To treat these side effects, please follow these steps:
 - Cold compresses may be applied to reduce redness and swelling.
 - To decrease inflammation apply of 1% hydrocortisone cream or ointment in a thin layer after cold compresses.
 - Please call us at the first sign of persistent pain or blistering at **949-499-5311**.