



## Laser/IPL Treatment of Shaving Bumps

### 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.
- Tell us if you have taken Accutane in the past six months or are planning to start.
- Tell us if there has been any change in your medical history since your last visit.
- Shave the area to be treated the morning of the 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 prior to coming in for your appointment. Call us 48 hours prior to your next appointment if no hair re-growth in area to be treated.

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

- Do NOT wax or tweeze at any time.
- Do NOT use Retin-A or glycolics for 3 days prior to treatment.
- Do NOT use tetracyclines, vibramycin, erythromycin, Zithromax, or St. John's Wort for 7 days prior to treatment.
- Do NOT shave area to be treated for 2 weeks prior to treatment; you may closely clip the area.
- Do NOT use hair removal lotions or hair bleach for one month before treatment.

#### Post treatment instructions:

- Use SPF30 sunblock on all treated areas that may be sun exposed.
- Aloe vera gel may be used on the treated areas.
- Apply 1% hydrocortisone cream or ointment in a thin layer, after the cold compresses.
- Use clippers to remove hair between treatments.
- Gently wash treated areas twice a day with tepid water and mild soap.

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

- Do NOT expose the treated area to sun (or tanning) for prolonged periods one week post treatment.
- Do NOT use Retin-A or glycolics for a week post treatment.
- Do NOT use hair removal lotions or wax or tweeze between treatments.
- Do NOT shave for 1 week after treatment.

#### Post treatment expectations:

- Hair loss and reduction of inflammation 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 and redness and swelling that may last 1 day. To treat these side effects, please follow these steps:
- Gently wash treated areas twice a day with tepid water and mild soap.
  - Cold compresses may be applied three times a day 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**.