

Account #: \_\_\_\_\_

Date: \_\_\_\_\_

## Laser Hair Reduction Pre/Post Guidelines

### PRE TREATMENT

- Avoid waxing, tweezing, threading, or hair removal creams to the area for **4 weeks** prior to laser treatment and between treatments
- Shaving **the day of** your treatment is recommended to ensure best results and a more comfortable treatment
- Avoid prolonged sun exposure, tanning beds and spray tans/self-tanner **2-4 weeks** prior to treatment; sunburnt skin may not be treated and will result in being rescheduled 2 weeks out from the last exposure
- Must be off Accutane for at least **6 months to a year** prior to beginning treatments, along with a doctor's note provided at first treatment
- Avoid antibiotics prior to treatment for **2 weeks**
- Must discontinue prescription or over the counter use of Retinol, Retin-A and Glycolic Acid **7-10 days prior** to treatment
- No active lesions or outbreaks may be present

### POST TREATMENT

- Post treatment, you may see peri-follicular edema (swelling around the follicle), erythema (redness) and post treatment stubble. This is a normal response. A cold compress may be used if needed
- No overheating **24-48 hours** post treatment. This includes: No exercise, saunas, hot tubs, hot showers, sun exposure or tanning bed usage.
- Moisturizer & make-up may be used starting the day after the treatment
- Deodorant may be used 4 hours after treatment
- Use sun block: minimum of SPF 30; applied to the treatment area at all times
- Only shaving/trimming the area is acceptable once the treatment package begins
- The shedding process (up to 3 weeks post treatment) looks like hair growing, this is normal.
- Treatments can be anywhere between 4-8 weeks apart base on treatment area and your results – these treatment windows will be recommended by your provider

Call our office promptly if you have any questions or concerns during your treatments with Affiliated Dermatology.

Patient Signature \_\_\_\_\_ Date: \_\_\_\_\_

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