

Laser Hair Reduction Precautions

- DO NOT use **Retin-A** or **Renova** one week prior to laser treatment.
- DO NOT take **Accutane** for six months prior to laser treatment.
- DO NOT **pluck, tweeze, thread, wax or use depilatory** agents for three weeks prior to treatment.
- The area should be shaved 24-48 hours prior to treatment. Stubble is needed to visualize area. If the area being treated has a heavy hair growth, you should shave just prior to coming for treatment.
- DO NOT wear make-up, deodorant, perfumes or powder on the areas to be treated.
- Plan to avoid tight elastic at the leg opening, following bikini treatments, for 3-5 days.
- If you have a history of oral herpes (fever blisters) and are having your mouth area treated, you will need to have your physician prescribe suppressive therapy and take as directed.
- We will not perform your laser treatment if you have a **suntan, sunburn, or have used self-tanning cream** because of the likelihood of hyper-pigmentation or hypo-pigmentation.

Remember To achieve the desired results; the specified number of treatments must be adhered to. Skipping treatments, even when it appears you have achieved the results, will result in a less than adequate outcome.

Laser Hair Removal Pretreatment Instructions

- Avoid the sun 1-2 weeks before and after treatment. Irritated skin may be more susceptible to injuries.
- Your provider may ask you to stop any topical medications or skin care products 3-5 days prior to treatment.
- You **MUST** avoid bleaching, plucking or waxing hair for 4-6 weeks prior to treatment. The melanin containing hair must be present in the follicle as it is the “target” for the laser light.

- If you have had a history of perioral or genital herpes simplex virus, your provider may recommend prophylactic antiviral therapy. Follow the directions for your particular antiviral medication.
- If you have a tan or have a darker skin type, a bleaching regimen may be started 4-6 weeks before treatment.
- **RECENTLY TANNED SKIN CANNOT BE TREATED!** If treated within 1 week of active (natural sunlight or tanning booth) tanning, you may develop hypo-pigmentation (white spots) after treatment and this may not clear for 2- 3 months or longer.
- The use of self- tanning skin products is not a concern.

Laser Hair Removal Post Treatment Care

- Immediately after treatment, there should be erythema (redness) and edema (swelling) of each hair follicle in the treatment site, which may last up to 2 hours, or longer. The erythema may last up to 2-3 days. The treated area will feel like sunburn for a few hours after treatment.
- Cicalfate Post-Procedure cream will be applied to the treated area to promote healing and limit bacterial and fungal infection. ***It is recommended to use Cicalfate Post- Procedure cream at home for the first 3-5 days after treatment.***
- Makeup may be used immediately after the treatment as long as the skin is not irritated.
- Avoid sun exposure to reduce the chance of hyperpigmentation (darker pigmentation).
- ***Use a sunblock (SPF 30+) at all times throughout the course of treatment.***
- Avoid picking or scratching the treated skin. Do not use any other hair removal treatment products or similar treatments (waxing, electrolysis or tweezing) that will disturb the hair follicle in the treatment area for 4-6 weeks after the laser treatment is performed. Shaving is the preferred method.
- Anywhere from 10-21 days after the treatment, shedding of the treated hair may occur and this appears as new hair growth. This is NOT new hair growth. You can clean and remove the hair by washing or wiping the area with a wet cloth or Loofa sponge.
- After the axillae (underarms) are treated, you may wish to use a powder instead of a deodorant for 24 hours after the treatment to reduce skin irritation.
- There are no restrictions on bathing except to treat the skin gently, as if you had a sunburn, for the first 24 hours.
- Return to the office or call for an appointment at the first sign of the return of hair growth. This may be within 4-6 weeks for the upper body and possibly as long as 2-3 months for the lower



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Pre / Post Care – LASER HAIR REMOVAL

body. Hair regrowth occurs at different rates on different areas of the body. New hair growth will not occur for AT LEAST three weeks after treatment.

Call Avisa Skin + Body at (734) 316-5556 with any questions or concerns you may have.