

# Gendler Dermatology

## LASER HAIR REMOVAL PRE AND POST TREATMENT INSTRUCTIONS

### PRE-TREATMENT INSTRUCTIONS

- If you are pregnant or breastfeeding you are not a candidate for laser hair removal.
- While undergoing treatments, DO NOT WAX, TWEEZE, or THREAD the affected hair to be treated. You may shave, clip, or trim.
- Shave treatment areas prior to coming in.
- Come in 30 minutes prior to treatment to numb.
- Avoid sun (direct, tanning beds, or self- tanners) 2-4 weeks before and after treatment.

### POST-TREATMENT INSTRUCTIONS

- Patients may develop redness and swelling immediately on the treated area; it may feel like a sunburn. Occasionally, blisters and crusting may occur. No post-laser wound care is needed, although emollients such as aloe vera gel is soothing and can be applied. Sometimes black stubble may appear on the treated areas. These are destroyed hairs being shed and should fall off during first or second week after treatment. This is not a sign of hair regrowth.
- Apply cold compresses — After treatment to reduce post treatment discomfort and to minimize swelling.
- If blistering occurs — apply a topical antibiotic ointment (bacitracin, or polysporin) twice a day.
- Analgesics — Tylenol or Ibuprofen may be taken if necessary, to reduce discomfort.
- Avoid aggressive skin products — Retin-A, Alpha-hydroxy acids, and bleaching creams should be avoided until the skin returns to normal. Gentle cleansing, moisturizer, and sunscreen can be started immediately. Make up and deodorant may be applied as tolerated unless blistering or crusts develop. Crusts usually resolved within a week or so.
- Apply sunscreen — Any degree of sun tan will make the laser treatment less effective and may increase the chance of adverse side effects such as blistering and pigmentation changes.
- No waxing or plucking of hairs — During the series of laser treatments, you are never to wax or pluck the hairs.

If you have any questions or concerns regarding your laser treatment please do not hesitate to call us.