



PATIENT INSTRUCTIONS LASER HAIR REMOVAL

For best results, please follow these instructions carefully.

Before your laser treatment:

1. Avoid sun exposure for at least 3-4 weeks and use sunscreen daily with SPF of 30 or higher. Sunburned/tanned skin **cannot** be treated.
2. Avoid irritants to your skin, such as product containing Retin-A, retinol, benzyl peroxide, glycolic/salicylic acids or astringents for **at least 2 days**.
3. **Do not** tweeze or wax for **at least 1 month prior to treatment** (this removes the target hair). **Do not** bleach or use depilatory products for **2 weeks prior to treatment**, as this can irritate the skin. It is necessary for you to have hair growth so that the areas requiring treatment are easily recognized. If not, it may be difficult to identify all areas needing treatment.
4. Makeup will need to be removed prior to laser treatment.
5. *Pre-treatment photos unshaven will be done. You should lightly shave all areas to be treated **1-2 days prior to treatment**. For those hard to reach areas, such as your back, we will shave that area before treatment.*
6. If you wear contacts and choose to remove them prior to treatment (you will be wearing eye protection), please bring your own supplies so that you might do so.
7. *Try not to schedule your appointment before or during your period. Treatment tends to be more uncomfortable during this time.*
8. If you prefer a topical anesthetic, please let us know.
9. If you are currently on the medication **Acutane** or **Gold Therapy** or have been **in the past 6 months**, please let us know. Those medications can make your skin more susceptible to damage from the laser.

After your laser treatment:

1. Continue using sunscreen with SPF 30 or higher for the entire treatment period.
2. **Avoid hot water** to the skin until the initial skin irritation subsides. Advil or Motrin may be helpful for any discomfort you may have.
3. **Avoid** irritants to your skin, such as products containing Retin-A, retinol, benzyl peroxide, glycolic/salicylic acids or astringents, **for at least 2 days**.
4. The laser destroys only the hair roots that are in the active growth phase. For best results, the procedure must be repeated in 8 weeks. The number of treatments needed is dependent upon the amount and type of hair.
5. After treatment, hair may continue to grow out as if it were never treated. Typically this will occur for about 2 weeks and then these hairs will begin to fall out. **Do not shave** the treated area for at least 4 days after treatment. **Do not wax**, tweeze, or use depilatories for the hair that grows back.
6. Keep the treated area clean; wash gently with a mild cleanser.

PLEASE CALL US AT 206-523-4444 if you have any questions or concerns.