

# Patient Instructions for Gentle Laser Hair Removal Treatment

## Pretreatment Instructions

1. Avoid the sun for 4 weeks before and after you treatment.
2. Must avoid BLEACHING, PLUCKING OR WAXING HAIR FOR SIX WEEKS PRIOR TO TREATMENT.
3. If you have a history of cold sores (herpes), antiviral therapy must be started one day before and continued for 2 days after your treatment.
4. **TAN SKIN CAN NOT BE TREATED!!!** If treated, you will have hyper pigmentation (white spots), and this may not clear for 2 or 3 months. Also, the use of self-tanning creams must be discontinued 2 weeks before treatment.

## Intraoperative Care

1. If the skin has more than a couple days growth, it will be cleaned and shaved prior to treatment.
2. The cooling device will be used with the laser to minimize discomfort.
3. Protective eyewear must be worn by the patient and all personnel in the operative suite during the procedure to reduce change of damage to the retina (eye).

## Postoperative Treatment Care

1. Immediately after treatment, there may be mild erythema (redness) and edema (swelling) at the treatment site, which may last up to 2 hours longer. In extreme cases, the erythema may last up to 3 days. The treated area will feel like a sunburn for a few hours after treatment. The application of ice during the first 3 hours after treatment will reduce any discomfort or swelling that may be experienced.
2. An antibiotic ointment (such as Polysporin Ointment) should be used for 3 days if any blistering develops; however, this is usually not necessary.
3. Makeup may be used immediately after treatment unless there is any blistering.
4. **AVOID SUN EXPOSURE TO REDUCE THE CHANCE OF HYPER PIGMENTATION (dark spots).** Dr. Robinson strongly recommends the use of SPF 30 or greater during the course of your treatment. These products are available for purchase at the office.
5. 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 on the treatment area for 4 to 6 weeks after laser treatment is performed. Shaving or depilatories may be used.
6. Call the office with any questions or concerns that you may have after the treatment. Initially, these treatments will need to be scheduled every 4 to 6 weeks. After hair growth becomes diminished, treatments should be scheduled at the first sign of the return of hair growth.
7. Anywhere from 5 to 14 days after the treatment, shedding of the surface hair may occur and this appears as "new hair growth". **THIS IS NOT NEW HAIR GROWTH.** You can clean or remove the hair by washing or wiping the area with a wet cloth or loofa sponge.
8. After the underarms are treated, use a powder instead of a deodorant for 24 hours after the treatment to reduce skin irritation.
9. There are no restrictions on bathing except to clean the skin gently for the first 24 hours.