



LASER HAIR REMOVAL PATIENT INSTRUCTIONS

PRE-TREATMENT CARE INSTRUCTIONS

- Shave 24 to 48 hours in advance prior to treatment. If you need a medical provider to shave your hair, you will need to schedule an appointment for shaving prior to your laser appointment and pay a **Shaving Fee Base on The Area Size and Time. See Shaving Policy.**
- Avoid the sun exposure 2-4 weeks before and after treatment. This includes exposure from sun light and tanning booths. Artificial tanning products must be discontinued 2 weeks prior laser treatments. Epidermal Melanocytes compete with melanin in the hair.
- **RECENTLY TANNED SKIN CANNOT BE TREATED!** If treated within 2 weeks of active (natural sunlight or tanning booth) tanning, you may develop hypopigmentation (white spots) after treatment and this may not clear for 2-3 months or more.
- The use of self- tanning skin products must be discontinued one week before treatment. Any residual self-tanner should be removed prior to treatment.
- If you come to your appointment too tan, burned or with residue of artificial tanning which cannot be wiped off with the gauze, your appointment will be rescheduled and counted as a late cancellation or no show, and you will be charge according to the area.
- Always use a sun block of SPF30 or higher with a minimum of 7% ZINC oxide. Though the course of laser treatments sun block should be apply every two hours during time of sun exposure.
- 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. Do not tweeze, thread, or use depilatory creams or epilators. 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 peri-oral or genital herpes simplex virus, your provider may recommend a prophylactic antiviral therapy drugs such as Zovirax or Famvir. Follow the directions for your particular antiviral medication. Laser heat may trigger the virus activation.
- You must inform us if you are to start any new medication 2 for hours prior to your appointment.
- All skin procedures in the same area to be treatment like Botox, Microneedling, Microdermabrasion, facials, derma fillers, PRP would be schedule 2 weeks before or after the laser treatment.
- Tell us if you have taken Accutane® within the past 6 months. Must be off of Accutane® 6 months prior to treatment.
- Although Tretinoin (e.g. Retin-A, Tazorac, Renova, Obagi products) used in the area is not absolutely contraindicated, it is known to make skin more sensitive. It is recommended that you discontinue use of two weeks prior to treatment.
- Do not use Tetracyclines, Sulfa, Vibramycin, Erythromycin, Zithromax, or St, JohnWort for 7 days prior to treatment. They can make you skin sensitive to light.
- Active infections and depressed immune systems delay the body's ability to heal. Please contact your office if you develop infection of any kind so that we can reschedule the treatment. If an area has open sore, procedure should be rescheduled.
- If you have previously suffered from cold sores, there is a risk that this could contribute to its recurrence. Speak with physician about medications that may minimize the possibility of a flare up.
- Makeup must be removed prior to treatment. Skin must be clean of and free of hair and cosmetics of any kind such as oil, deodorant, moisturized, foundations, creams and lotions, etc.

POST-TREATMENT CARE INSTRUCTIONS

- Immediately after treatment, there should be erythema (redness) and edema (swelling) of each hair follicle in the treatment site, which may last up to 48 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.
- Your provider may use an optional cooling method (aloe) after treatment to ensure your comfort. Moisturize the treated area often with aloe. Avoid all products containing alpha-hydroxy acids, retinol, salicylic acid, perfumes or other harsh ingredients that can aggravate the skin for 72 hours post-treatment.
- A topical soothing skin care product such as aloe vera gel may be applied following treatment if desired.
- Makeup may be used immediately after the treatment as long as the skin is not irritated.
- Avoid the sun exposure 2-4 weeks after treatment. This includes exposure from sun light and tanning booths, to reduce the chance of hyperpigmentation (darker pigmentation).
- Use a sun block (SPF 30+ with a minimum of 7% Zinc oxide) at all times.
- Avoid picking, rubbing 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.
- **ONLY SHEVING IS PERMITTED.** You may shave the treat area as soon as de redness, bumpiness, itchiness or irritations resolves after your treatment.
- Anywhere from 5-14 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 Loaf sponge.
- After the axils (underarms) are treated, you may wish to use a powder instead of a deodorant for 24 hours after the treatment to reduce skin irritation. Deodorant may be use once redness disappears.
- Avoid exposure to heat (**NO** hot tubs, hot Jacuzzi, saunas, steam saunas, high intensity workouts) for at least 24 hours after the treatment. **NO POOL, NO BATHTUB.**
- There are no restrictions on shower except to treat the skin gently, as if you had sunburn, for the first 24 hours.
- Keep on with your treatment schedule, return to the office or call for an appointment at the first sign of the return of hair growth. This may occur within 4-6 weeks for the upper body and possibly as long as 2-3 months for the lower body. Hair re-growth occurs at different rates on different areas of the body. New hair growth will not occur for AT LEAST three weeks after treatment.
- If you have any question or concern or you are experiencing an adverse reaction after your treatment such as scabbing, pustules or blisters: **DO NOT RUB, SCRACH OR PICK** the area, we would need you to send us pictures via text or email.

You can call or text our office at 813-751-3444 or email us at bvmedcs@gmail.com