



MEDICAL + AESTHETIC DERMATOLOGY

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Laser Hair Removal Pre-Treatment Care

What you need to do prior to Laser Hair Removal treatment :

Your results with laser hair removal are highly dependent on your cooperation. There are many things you can inadvertently do to decrease the safety or effectiveness of the treatment.

Your collaboration is essential for the success of laser hair removal. **Please follow these directions carefully regarding tanning, shaving, and topical agents, or we may have to cancel your appointment and reschedule.**

Burn/Scars Tanning is one of the biggest risks to burn scars. We believe it is the single most important thing that patients do to decrease the effectiveness of their treatment. Tanning should be avoided for 4-6 weeks prior to treatment if one of these lasers is to be used. Self-tanning creams and sprays need to completely fade. During the course of treatment, apply a thick layer of sunscreen with an SPF30 or higher before sun exposure.

The hair needs to be in the follicle at the time of treatment. Lasers target the pigment, melanin, in the hair beneath the surface of the skin. Because of this, you should NOT wax, tweeze, bleach, thread, or use depilatory agents 4 weeks prior to treatment. If facial hair is being treated, usually avoidance of these methods for only 2 weeks is necessary because facial hair grows faster. It is usually advisable to see some minimal hair growth on the day of treatment.

Lotions, creams, makeup, and deodorant are removed before treatment as well. These can obstruct or refract the laser light negatively.

We require that all patients WET SHAVE 24 hours immediately prior to their appointed time to allow the hair to stay in the follicle. FOR YOUR SAFETY in avoiding burn scars, if you forget or if skin conditions are not deemed appropriate, please understand that we will reschedule your appointment. We will waive the cancellation fee in these cases unless repeated lapses occur.

DO NOT BE AFRAID TO SHAVE:

Medical research has consistently shown as absolutely false the notion that shaving any part of the body causes more hair growth. It may seem that way since the base of individual hair shafts is thicker, and thins out as it lengthens, such that the stubby early growth after hairs are shaved feels to many people as if they are thicker and or denser!



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Laser Hair Removal Post-Treatment Care

What you need to do after Laser Hair Removal treatment :

- Mild redness and swelling at the treatment site is normal, and may last 2 hours or longer. The redness may last up to 3 days. The treated area will feel like a sunburn. Apply ice cleanly in 15-20 minute intervals for the first few hours after treatment to reduce any discomfort or swelling. If redness or swelling persists, ice can be continued in 15-20 minute intervals 3-4 times a day for 3 days. 1% Hydrocortisone cream can be applied to red or swollen areas 2-3 times a day.
- Makeup may be used immediately after the treatment unless there is blistering.
- Avoid sun exposure until skin has returned to its normal (no redness or swelling), and thereafter, sunscreen with an SPF30 or higher applied as a thick layer 20 minutes before going outdoors is highly recommend prior to your next laser visit.
- Avoid picking or scratching the treated skin. Do not use any other hair removal treatment products or services (waxing, electrolysis or tweezing) that will disturb the hair follicle in the treatment area.
- Wash the treated area and pat dry for 3 days after treatment. Do NOT scrub.
- Anywhere from 20 days after the treatment, shedding of the surface hair may occur and this appears as new hair growth. This is not new hair growth.
- At 1 week post treatment, attempt to pull out the hairs gently. If the hair comes out, as if unattached to the skin, proceed to pull out the hairs. Otherwise, wait 2 to 3 days and try again for up to 3 weeks. This helps the weakened hair follicles to shed.
- For 2 to 3 weeks after treatment, ideally avoid shaving the shedding hair, although if absolutely necessary, gently touch hair with a razor. Shaving can be performed on newly growing hair safely but can irritate the underlying lasered skin.
- After the underarms are treated, ideally use a powder instead of 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. Moisturizers are not generally needed.
- Do NOT use Retin-A or glycolics to the treated area for 5 days post treatment.