

Dermatology, Laser & Vein Specialists OF THE CAROLINAS

PRE & POST-TREATMENT PATIENT INSTRUCTIONS FOR LASER HAIR REMOVAL

Pre-treatment Patient Instructions

- Avoid deep tanning, including tanning beds and tanning creams/sprays for at least 2 weeks before and 1 week after treatment. If you must go in the sun, please use SPF of 30 or higher & reapply every 2 hours.
- Please shave the areas you wish to have treated **on the day of your visit**.
- If the hair you wish to have treated has previously been bleached, we recommend that you stop at least 2-3 months before your treatment. Laser hair removal works better when the hair is darker.
- Refrain from tweezing, threading or waxing the hair for at least 2-3 weeks prior to treatment. You may shave or trim the hair instead.
- Please let us know if you are taking any photosensitizing medications. We may need to wait 10-14 days since your last dose before treating you.
- Caution is advised to persons with a known history of herpes simplex virus in the treatment area. Those who carry HSV and receive laser treatment may experience a flare or outbreak. Common areas for HSV outbreak related to laser hair removal are the lip, face and bikini line. We can lower the risk for an outbreak by prescribing an anti-viral medication to be taken for a few days pre- and post-treatment. If you have an active outbreak at the time of your appointment, we will have to reschedule.

Post-Treatment Patient Instructions

- Immediately after treatment there will likely be redness and possibly irritated bumps in the treatment area. This may last up to 2 hours, or sometimes longer and may feel similar to a sunburn. This is completely normal and expected, but you may use a cold compress on the skin if you are bothered by this.
- Makeup may be applied after treatment. However, we recommend that you first apply a moisturizer and then makeup on top.

Expected Results

- Laser hair removal takes time & several sessions before your treatment series is complete – and it's impossible for us to predict exactly how many sessions you'll need. However, with each session you should see a continued reduction in your hair growth.
- In some cases, patients will return for touch-up sessions once every year or two in order to maintain their results.

**If you have any questions or concerns about this treatment,
please do not hesitate to contact our office
24 hours a day, 7 days a week at (704) 375-6766.**