



## Pre & Post-Care Instructions for Laser Hair Removal

### Pre-Care Instructions:

- Discontinue sun tanning, including the use of tanning beds and self-tanning creams 4 weeks before and throughout the laser hair removal treatment course.
- Always use a sunscreen of SPF 30 or greater on any laser treatment area that will be exposed to the sun and reapply every 2 hours throughout the day. Wear protective, light-occluding hats and clothing.
- Discontinue the use of exfoliating creams that include Retin-A and other Alpha Hydroxy Acid (AHA) ingredients on the areas to be treated.
- Refrain from tweezing, waxing, sugaring, electrolysis or other epilation methods for at least 4 weeks prior to laser hair removal and for the duration of treatments. It is best to shave or trim excess hair during the course of hair removal treatment.
- If you have a history of herpes outbreaks in the area of treatment, you should let Dr. Nackman know or speak with your primary care provider for medical evaluation and possible medication prior to laser hair removal.
- The areas treated with laser hair removal should be shaved or closely clipped before the first treatment and before any subsequent hair removal treatments.
- Numbing cream may be applied to the laser hair removal areas 30 minutes before treatment to improve comfort. Numbing cream can be purchased at many drugstores.

### Post-Care Instructions:

- A mild sunburn-like sensation is normal after laser hair removal. This usually lasts 2-24 hours, but can persist up to 3 days. Apply cold gel packs or cool wet cloths to the laser treated areas for 15 minutes every 2-4 hours until symptoms subside.
- Bathe or shower as usual. If the areas treated are sensitive to heat; cool showers and baths will offer relief.
- Avoid aggressive scrubbing, use of exfoliants, scrub brushes and loofa sponges until the treatment area has returned to its pre-treatment condition.
- Avoid swimming, hot tubs, Jacuzzis and excessive exercise for 7 days after hair removal or until redness resolves.
- As hair removal makes the skin photosensitive, you should avoid sun exposure to treated areas, as well as the use of sun tanning beds and self-tanning creams.
- If sun exposure is unavoidable, use a SPF 30 sunscreen on treated areas and reapply regularly. Sun avoidance will decrease the likelihood of skin color changes and hyperpigmentation (darkening of skin).
- Appearance of hair growth or stubble will continue for 7-30 days after hair removal. This is not necessarily new hair growth, but the treated hairs being purged from the skin.
- If blisters occur after laser hair removal, apply white petroleum ointment to the areas 2 times a day until healed.
- Do not pick or remove scabs or crusting; this will help decrease the chance of infection and scarring.
- Acetaminophen will help reduce discomfort. Take according to manufacturer's recommendations.
- Hairs that were in the resting phase at the time of laser hair removal may enter the active growth phase in 1 to 6 months depending on the body area. Repeat treatments will be needed monthly.
- Do not tweeze, wax or use any other form of hair removal other than shaving between hair removal treatments.

Notify Dr. Nackman if you have any questions, concerns or problems.

I understand the above instructions. I understand the risks and signs of side effects and complications such as severe redness, swelling, blistering, burns, ulcers, pain, or signs of infection and I will call the office and notify Dr. Nackman immediately if I have any questions or concerns.

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Patient Signature

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Name of Patient (please print)

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Date