



## Laser Hair Removal Pre & Post Instructions

### Pre-Care:

- The following conditions which are CONTRAINDICATIONS to laser hair removal: history of melanoma, raised moles, suspicious lesions, keloid scar formation, healing problems, active infections, open lesions, hives, herpetic lesions, cold sores, tattoos or permanent make-up in area of treatment, recent use of Accutane, tetracycline, or St. John's wort in the last year, autoimmune diseases such as Lupus, Scleroderma, Vitiligo, pregnancy, trying to get pregnant, or nursing.
- Do not pluck, wax, use a depilatory, or undergo electrolysis in the areas to be treated for at least 6 weeks. Shaving is okay. Please come in cleanly shaven in the area to be treated.
- Avoid any irritant chemical, soaps, lotions to area for the week prior.

### Post-Care:

- Some redness and swelling is normal and may feel similar to a sun burn. This should resolve in a few days to a week. Some people may react more and have redness up to a month or longer. Notify the Doctor if it persists longer than a few days.
- During the next week, you may develop a fine crust/rug-burned appearance especially where many dark hairs were treated. Hairs will begin to shed (DO NOT PICK AT THEM). This may last for several weeks.
- Small blisters may occur. Keep area clean. Notify the Doctor if this happens.
- You may apply cool compresses/ice for 15 minutes/hour for comfort.
- Gently clean the area twice daily with mild soap. Aloe gel can also be used.
- Avoid irritants (glycolics, acid, retinoids, etc.) until all redness/swelling resolves.
- Moisturizers may be used if they do not sting when applied.
- Apply medical grade sun block (with zinc oxide) for at least six weeks if not for your lifetime!
- Shaving should be avoided until comfortable. Begin with light shaving.
- Avoid strenuous exercise for the day as sweating may sting.
- Make-up may be used as long as skin is not broken or irritated.

Notify the Doctor 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 the Doctor immediately if I have any question or concerns.

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Signature

Date