

DERMATOLOGY + PLASTIC SURGERY

For Your Best Self

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PRE AND POST INSTRUCTIONS LASER HAIR REMOVAL

EXCLUSION CRITERIA:

- If you cannot keep your appointments during the recommended time range, laser hair removal may not work as well
- If you are on **hormonal medication**, have **endocrine conditions**, or have **irregular menstrual periods**, please be medically evaluated prior to hair removal. Laser hair removal may not work as well.
- If you have a history of **light induced seizures**, flashing lights may trigger a seizure
- If you are **pregnant**, there is **no clinical evidence at this time of fetal harm**, but the results of the treatment may be unreliable.
- If you have taken **Accutane within the past 6 months**, Accutane changes the structure of the skin, which may cause unreliable results and affect wound healing
- If you have an **abnormal scar formation in the treatment area**, picking or pulling off scabs or crusting can result in scarring
- If you have an **active infection in the area to be treated including HSV (herpes simplex virus)**, reschedule when the infection is cleared

PRIOR TO TREATMENT:

- No sun tan, tweezing, waxing, electrolysis, bleaching, or Nair in the area to be treated for **4 weeks prior** to treatment and during the treatment course.
- **Please shave hair in area to be treated a day or two before the treatment for best results. We cannot shave at the office.**

POST TREATMENT:

- Appearance of hair growth will continue for 7-30 days post-treatment. Some of this is not new hair growth, but the treated hairs being expelled from the skin.
- Follow-up treatment varies depending on site, but usually is at **4 to 10 week intervals**. Timely follow-up treatment is necessary because hairs that were in the resting phase of growth at the time of treatment may enter the active phase.
- Usually, **6 to 10 treatment sessions** are done for hair removal. In certain cases, more treatments are needed and maintenance treatments are needed. Hair removal can be permanent, long term, temporary, or rarely, none at all.
- Avoid excessive sun exposure or sun tan to treated areas during the treatment course.
- It is normal to develop mild sensitivity, itching, and redness around the hair follicles. You may apply Hydrocortisone 1% 2-3 times per day if needed. If irritation is significant, please contact the office at (321) 241-1160.