

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
- If you are wanting to treat a small area (less than 100 hairs) or have fine/light colored hair. In this case, we recommend electrolysis.

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 the same day or prior day 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. Often, patients return once maybe twice annually for maintenance treatments.
- 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.