

Date: \_\_\_\_\_

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

## LASER / LIGHT ASSISTED HAIR REDUCTION Pre- & Post - Care Instructions

*You will be or have been treated with **Laser / Light Assisted Equipment**. The treated area is now swollen and red in color. The discoloration and swelling will last for 24 hours or up to 3 days in very sensitive skin types. The treated area is very delicate and should be treated with care. **Please read and follow these instructions.***

### PRE- LASER CARE INSTRUCTIONS:

- ⇒ Avoid waxing, plucking and electrolysis - all methods of pulling out the whole follicle of the hair - for at least 4 - 6 weeks before your first treatment and for the duration of your treatment. You may shave or trim the hair in the area.
- ⇒ Avoid tanning beds for the duration of your treatment. Your first session should only be after 2-3 months after your last tanning bed session.
- ⇒ Avoid excessive sun exposure during your treatments. If sun exposure is expected, use a Sunblock of SPF30 or higher to prevent pigmentation changes.
- ⇒ If you are using any creams - e.g.: bleaching creams, creams for acne or hair removal creams - you must stop using this two weeks before your first treatment. Please inform your technician of such creams.
- ⇒ A topical anesthetic cream (EMLA™) may be used in tender areas. Apply cream as per instruction sheet on a clean skin - degrease the skin with alcohol then apply cream, occlude area with Saran wrap. Ask your technician to explain this procedure.
- ⇒ Very dark skin types must use Ultraquin 4%, 4 weeks prior and continue use this throughout the treatment time.
- ⇒ Please inform us if you have or are prone to any form of Herpes Simplex (Cold sores) in any area that we are going to perform treatments. Same routine for genital herpes.

### POST- LASER CARE INSTRUCTIONS:

- ⇒ Discomfort or stinging may be evident, skin feels and look like a sunburn/ windburn, hot to touch like it was scalded with hot water, but usually lasts no more than 12-24 hours.
- ⇒ Do not rub, scratch, or pick at the treated area for as long as the redness and swelling is present.
- ⇒ This Laser office is physician supervised - if the area becomes tender, reddened or shows signs of infection, please contact the office immediately.
- ⇒ Avoid swimming and the use of perfume or deodorant for as long as the redness and swelling is present. Please do not apply any make-up while the area is red and swollen.
- ⇒ Do not rub with a towel or facecloth as the area extremely delicate while the redness and swelling is present. If the legs are treated, do not take a bath for the first 48 hours as the heat may cause additional discomfort. Lukewarm showers are recommended, but gently pat the area dry.
- ⇒ Any discomfort you may have can be relieved with regular strength Tylenol.
- ⇒ If swelling persists longer than 24 hours, ice compresses may be applied. For facial swelling, sleep with your head elevated. For ankle swelling when legs are done - do not stand for long periods at a time.
- ⇒ Apply Aloe, Afterburn - sunburn relief, Polysporin, Vitamin E or any cream that you would use for sunburn relief. If the skin itches because of hair expulsion - **please do not scratch** use an anti-itch cream.
- ⇒ After the red discoloration disappears - hyperpigmentation (brown coloring) or crusting/scabbing may be present for two weeks or more. If this occurs, use a Polysporin cream. **DO NOT RUB** your skin.
- ⇒ Avoid contact sports during the healing period (if any scabbing or crusting is present) to avoid any possibility of trauma to disrupt the skin.
- ⇒ VERY IMPORTANT - Avoid excessive sun exposure for 4 weeks after your treatment. Use a Sunblock - SPF30 or higher. Your skin is now sensitive and you can easily burn in the area that was treated.