

## Laser Hair Removal Treatment Guidelines

Laser hair removal is a safe, non-invasive procedure to rid your skin of unwanted hair on the legs, arms, underarms, abdomen, chest, face and back. Optimal results may require multiple treatments.

**Cold Sores:** If you have a history of cold sores, ask us about pre-care instructions.

**Avoid Sun for 4-6 Weeks Before Treatment:** Tan skin cannot be treated as you risk burning the skin. Therefore, please take special care to avoid the sun and tanning beds on the area to be treated for 4-6 weeks before treatment. Wear broad-spectrum sun protection with SPF 30 or higher on any exposed area every day.

### Side Effects

The intensity and duration of your side effects depends on the treatment aggressiveness and your individual healing characteristics, but usually can last up to a few days after treatment.

- You may have some degree of redness and tenderness, but it should resolve within a few hours after treatment, and at most within a few days.
- Some may experience slight re-growth of some hair, though it is usually finer and lighter than what was originally removed.

### After Treatment Skin Care

- **Avoid Excessive Heat:** For 2 days post-treatment, avoid partaking in activities that will heat up your skin, such as going in a hot tub/Jacuzzi/sauna, or strenuous exercise.
- **Skin Care Products:** All of your skin care products should be non-irritating and non-clogging on the treatment area for the first week. Please do not use any scrubs, toners, glycolic acid, retinoids (RetinA or retinol), or bleaching creams (hydroquinoin) until your skin has healed.
- **Sunscreen:** Proper and frequent application of sunscreen is very important. The sunscreen should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of 30 or more. You should apply sunscreen 20 minutes before going outside, and again, immediately before. After that, reapply your sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Use this regimen during the healing period and always.

If you have any additional questions or concerns, please do not hesitate to call!

## Frequently Asked Questions

**Q: How do hair removal treatments work?**

A: Lasers produce highly focused, intense beams of light that are absorbed by dark pigments in the hair follicles beneath the skin's surface. This causes a purposeful built-up of heat, destroying most of the follicles and preventing future hair growth.

**Q: How many photofacial/IPL treatments are recommended for optimal results?**

A: For most people, multiple treatments are required because the hair follicle must be 'active' at the time of treatment and not all follicles are active at the same time. We usually recommend 3-5 sessions, each spaced 4 weeks apart.

**Q: How much social downtime is required?**

A: None, you can go back to work immediately following treatment.

**Q: Do photofacial/IPL treatments hurt?**

A: Topical anesthesia is applied before the procedure to minimize discomfort. The treatment itself can be compared to a rubber band snapping on your skin along with a feeling of heat. After the treatment, most patients report tingling sensation similar to having gotten too much sun. This sensation usually disappears after 1-3 hours.

**Q: What side-effects can I expect and how long will they last?**

A: You may have some degree of redness and tenderness, but it should resolve within a few hours after treatment, and at most within a few days. Some may experience slight re-growth of some hair, though it is usually finer and lighter than what was originally removed.

**Q: What precautions should I take after treatment?**

A: Wear sunscreen SPF 30 or higher and avoid direct sun exposure while you are healing for at least 3 months after your last treatment. Further protect yourself by wearing wide-brimmed hats if you expect to be out in the sun.