

PRE / POST CARE INSTRUCTIONS LASER HAIR REMOVAL, VEIN TREATMENT, PHOTO REJUVENATION

In order to minimize the risk of possible side effects and complications of laser hair removal please follow these simple steps:

PRE-TREATMENT INSTRUCTIONS

- **6 Weeks:** Electrolysis, waxing, threading, tweezing or plucking is to be avoided between sessions, however shaving is encouraged
- **2-3 Weeks:** No natural or artificial tanning (which includes tanning beds and spray tans) anytime within 2-3 weeks before your session.
- **2 Weeks:** Avoid any deep exfoliation treatments or creams containing a chemical exfoliator for 2 weeks pre and post treatment, such as microdermabrasion, retin-A, or glycolic Acid.

TREATMENT DAY:

- Please shave the entire area you desire treated the day before your planned treatment.
- Do not apply any perfumes, deodorant or make-up to the desired area the day of your treatment.
- Use a broad spectrum SPF 30 (or greater) sunblock before AND after your treatments.
- Provide your technician with an accurate and up to date medical history in order to receive safe and effective treatments.
- You may also notice *during* and *immediately after* your session the smell of burned hairs. This is normal.

POST- TREATMENT INSTRUCTIONS FOR LASER HAIR REMOVAL

- Cool packs may be applied to help alleviate discomfort.
- Do not rub, or pick the treated area.
- Avoid any deep exfoliation treatments or creams containing a chemical exfoliator for 2 weeks pre and post treatment, such as microdermabrasion, retin-A, or glycolic Acid.
- Avoid strenuous sports activities or hot water/ saunas/ jacuzzi for 3 days.
- No deodorant for 24 to 48 hours if underarm was treated.
- Continue to use sunblock for the duration of your treatments.
- Makeup may be used immediately after treatment unless there is epidermal blistering. It is recommended to use *ONLY NEW* makeup to reduce the possibilities of infection.
- You should apply an antibiotic ointment twice daily to blisters, crusted or irritated skin and call the office immediately.
- Immediately after your treatment there likely will be some slight redness, swelling around the hair follicles and mild discomfort similar to a sunburn. You may apply Hydrocortisone cream twice a day for three days as needed for redness, irritation and swelling.
- If you experience any discomfort at the treatment site, you may take a non-aspirin pain reliever.

SCHEDULING:

Laser Hair Removal: Your session typically is scheduled in 4 -6 weeks for facial areas, 6-8 weeks for torso and below the waist. Interruption of this schedule may cause less than optimal results.

Vein Treatment: Most people need 4-6 months, which consists of a full series of 4-6 treatments about 1 month apart.

Photo Rejuvenation: Most people need 3-5 months, which consists of a full series of 3-5 treatments about 1 month apart.