



LASER HAIR REMOVAL

PRE- AND POST- TREATMENT INSTRUCTIONS FOR PATIENT

Pre-Treatment Instructions:

1. Sun avoidance and sun protection will reduce risk of dyschromia (hyper or hypopigmentation) and skin effects. Light to moderately tanned skin can be treated with appropriate parameters. Deeply tanned skin should be treated no less than 4-6 weeks after active sun exposure.
2. Stop applying medications or irritating agents to the skin for 1-2 days before treatment. Please ask if you are unsure if you could be using any products that could cause problems.
3. Shave treatment area one to two days before treatment or morning of treatment. For rapidly growing areas, such as man's beard, shave may be done the day of treatment.
4. Skin should be clean, with no lotion, make-up, deodorant, perfume, or sunscreen before treatment.
5. Wait at least two weeks after chemical peel or injections in treatment area before hair removal treatment.
6. Wait at least 4-6 weeks before treating if you have waxed, tweezed or plucked in the treatment area.
7. Wait at least 2 weeks before treating if you have had collagen injections or other fillers or injectables in the treatment area.

Post-Treatment Instructions:

1. Apply cold packs and take anti-inflammatory medicines (Advil, Motrin, Aspirin or Ibuprofen) as needed for pain
2. If any blisters form, DO NOT break them or "pop" them; instead, keep them moist under a layer of carefully applied antibiotic ointment (Bacitracin, Polysporin, Neosporin or Triple Antibiotic Ointment)
3. Avoid sun and apply sunscreen to treated area for few days following treatment. Darker skin types should comply with sun avoidance and sun protection, especially if there is tendency for skin to darken.
4. Do not irritate treated area chemically or mechanically for a couple days after treatment. For at least 3 days avoid shaving, using hair removal lotion or using astringents in the treated area.
5. Avoid direct and indirect heat to treated areas for couple days after treatment, especially if your skin tends to darken or have hyperpigmentation problems (get brown spots).
6. Some shedding or extrusion of treated hairs will occur around 2-4 weeks following treatment.
7. Treated area can be shaved or clipped, but not tweezed, plucked or waxed.
8. For future treatments: shave the intended treatment area one to two days prior to next treatment (for example, if your next session is on Wednesday, shave on Monday or Tuesday). Sometimes after third treatment, it is recommended to leave growth unshaved for assessment before fourth or fifth treatment.
9. Be sure to schedule your next appointment before leaving to ensure we continue treatments at the appropriate time intervals that could vary depending of each individual but normally they should be as follows: Face- 4 weeks, Body- 6-8 weeks and Bikini- 8 weeks

ALWAYS: IF YOU HAVE ANY QUESTIONS OR CONCERNS, ANYTHING IS NOT CLEAR, OR YOU EXPERIENCE ADVERSE REACTIONS, PLEASE CALL US AND AT **919-845-0333** OR EMAIL US AT **info@AllAboutAesthetics.com** TO LET YOUR PROVIDER KNOW IMMEDIATELY!