

Laser Hair Reduction Instructions

Pretreatment Instructions

Avoid sun exposure or spray tan

Avoid any sun exposure or spray tanning for 4 weeks before treatment. Tanned skin may need to be rescheduled or may be treated at lower settings, reducing the effectiveness of your treatment. Spray tan cannot be treated.

Shaving

Please shave the area to be treated 24 hours before your appointment. Excess hair may increase discomfort during your treatment. Do not bleach, pluck, tweeze, use depilatory creams or wax any areas being treated for six weeks before treatment. This removes the hair follicle which is necessary for laser hair removal to be effective. Shaving is the only acceptable form of hair removal while undergoing laser treatments for reduction.

Lotions and Makeup

Please avoid using any lotions or makeup on the area to be treated on the day of your appointment. If you do need to wear makeup please plan to arrive early to wash your face in the office.

Skin care

Please stop all hydroquinone & retinol (i.e. Retin-A, Refissa) containing products 3 days prior to treatment. You may resume 3-5 days after each procedure depending on how sensitive your skin feels.

Cold sore treatment

If have had a history of cold sores in the area to be treated, prophylactic antiviral therapy may be started the day before treatment and continued one week after treatment. Contact our office if you need a prescription.

Post Treatment Care

What to expect

Immediately after treatment there may be redness and swelling at the treatment site, which could last several hours. Redness may last up to 2-3 days. The treated area will feel like a sunburn for a few hours after the procedure. Cold compresses may reduce the discomfort and swelling.

Discomfort

Aloe Vera gel or a cold compress following treatment helps to reduce discomfort and cools the skin.

Makeup

We advise that you refrain from applying makeup to treated areas until redness & swelling subside.

Blistering

If you develop blistering, begin an antibiotic ointment and notify our office. Do not apply makeup over any blisters.

Sun exposure

Avoid sun exposure to reduce the chance of complications. Use sunscreen (SPF 30 or greater) at all times throughout the course of treatment.

Skin care

Avoid picking or scratching the treated skin. Do not use any hair removal treatments or products (waxing, electrolysis or tweezing) that will disturb the hair follicle during treatment. You may shave.

Deodorant

You may apply deodorant immediately after treatment. Avoid irritating antiperspirants until sensitivity from treatment subsides.

Bathing

There are no restrictions on bathing except to treat the skin gently, as if you had a sunburn, for the first 24 hours.

Hair shedding

Shedding of the surface hair may occur anywhere from 5-14 days following treatment. This may appear as if new hair is growing. You may clean and remove the shedding hair by washing or gently exfoliating the area.

Follow-up

Call our office with any questions or concerns you may have after treatment. Subsequent laser hair removal sessions will generally be scheduled in 6-8 week increments based on your provider's recommendation.

Emergency Contacts

Doctor Dorner is available twenty-four hours a day. If you are having problems please call the office at 614-336-9000 and press one to have him paged. Be sure to leave your contact information.

For any life-threatening emergencies, you should call 911.

Notes: