



Laser Hair Removal Pre & Post-Treatment Patient Care Guide

BEFORE YOUR TREATMENT

- **Shave:** Shave the area completely the day before or morning of your visit.
- **Clean Skin:** Make sure the skin is free of makeup, lotion, sunscreen, and deodorant.
- **No Waxing or Plucking:** Do not wax, tweeze, pluck, or use depilatory creams for **6 weeks** prior.
- **Avoid Tanning:** Avoid direct sun exposure, tanning beds, and self-tanners for **4 to 6 weeks**.
- **Medications & Fillers:** Discontinue Accutane 6 months prior. Avoid Cosmetic injections 2 weeks prior.

AFTER YOUR TREATMENT

What is Normal?

- **Redness & Warmth:** A mild sunburn feeling, redness, and slight swelling are normal for the first 1 to 3 days.
- **Shedding Hair:** Treated hair will stubble and fall out over 1 to 4 weeks. This is normal shedding, not new hair growth.

Post-Care & Comfort

- **Cool the Area:** Apply ice packs for 10–15 minutes at a time for comfort. Take cool showers or baths if the skin feels warm.
- **Moisturize & Protect:** Use a gentle moisturizer for dry or itchy skin, and wear **SPF 30+ sunscreen** daily on exposed areas.
- **Between Sessions:** You may shave or clip hair as needed. Do **not** wax, tweeze, or pluck.

Until Redness Clears, AVOID:

- Direct sun exposure to treated areas.
- Hot tubs, saunas, heavy workouts, and chlorinated/ocean swimming.
- Makeup, harsh skincare, loofahs, and scrubs on the area.
- Picking or scratching at any scabs or crusting.

SCHEDULING YOUR NEXT TREATMENT

Most patients require an average of **6 sessions** for optimal hair clearance. To target hair during its active growth phase, schedule your next visit based on the treatment area:

- **Face, Underarms (Axillae) & Bikini:** Every **4 to 6 weeks**.
- **Legs, Arms, Back & Torso:** Every **6 to 8 weeks**.

Note: If you experience severe blistering or lasting redness, apply an antibiotic ointment (like Polysporin or Bacitracin) twice daily and call our office. Patients with PCOS or certain genetic backgrounds may occasionally experience extra hair growth near treated areas; please speak with us if you have questions!