



Laser Hair Removal Pre and Post Treatment Instructions

Pre-Treatment Instructions

- While undergoing treatments, DO NOT WAX, TWEEZE, OR THREAD the affected hair to be treated. You may shave, clip, or trim.
- Shave treatment areas prior to coming in.
- Avoid sun (direct, tanning beds, or self-tanners) 2-4 weeks before and after treatment.

Post-Treatment Instructions

- Patients may develop redness and swelling immediately on the treated area; it may feel like a sunburn. Occasionally, blisters and crusting may occur. No post-laser wound care is needed, although gentle moisturizers can be applied. Sometimes black stubble may appear in the treated areas. These are destroyed hairs being shed and should fall off during first or second week after treatment. This is not a sign of hair regrowth.
- Apply cold compresses- After treatment reduce post treatment discomfort and to minimize swelling.
- If blistering occurs- Apply Vaseline or Aquaphor twice a day.
- Analgesics- Tylenol or Ibuprofen may be taken if necessary to reduce discomfort.
- Avoid aggressive skin products- Retin-A, Alpha-hydroxy acids, and bleaching creams should be avoided until the skin returns to normal. Gentle cleansing, moisturizer, and sunscreen can be started immediately. Make up and deodorant may be applied as tolerated unless blistering or crusts develop. Crusts usually resolve within a week or so.
- Apply sunscreen- Any degree of suntan will make the laser treatment less effective and may increase the chance of adverse side effects such as blistering and pigmentation changes.
- No waxing or plucking of hair- During the series of laser treatments, you are never to wax or pluck the hairs.

If you have any questions or concerns regarding your laser treatment, please do not hesitate to call us at (212) 752-3692.