



## TREATMENT INSTRUCTIONS | LASER HAIR REDUCTION

(Patient Take Home)

### BEFORE TREATMENT

- Avoid tanning area including: tanning beds, spray tan, and sun for a minimum of six weeks.
- Stop use of exfoliants on treated area one week before including, Renova, Glycolic Acid.
- Shave area closely before every treatment.
- Avoid Makeup on area to be treated.

### AFTER TREATMENT

- Immediately after the treatments, there should be redness and bumps at the treatment area, which may last up to 2 hours or longer. It is normal for the treated area to feel like sunburn for a few hours. Apply Aloe Vera or cold compress.
- Avoid sun exposure to reduce the chance of dark or light spots for 2 months. Use sunscreen SPF 25 or higher at all times throughout the treatment and for 1-2 months following.
- Makeup may be used after the treatment, unless there is epidermal blistering. It is recommended to use new makeup to reduce the possibility of infection. Just make sure that you have moisturizer on under your makeup. In fact, moisturizer will help the dead hair exfoliate from the follicle, so use moisturizer frequently and freely on the treated area. Any moisturizer without alpha-hydroxy acids will work.
- Avoid picking or scratching the treated skin. DO NOT USE any other hair removal methods or products on the treated area during the course of your laser treatments, as it will prevent you from achieving your best results.
- Small scabs may develop over areas 24-48 hours following your treatment. Keep areas well moisturized and allow to fall off on their own. Avoid picking treated area.
- Showering after the laser treatments, and use soap, deodorant, etc. The treated area may be washed gently with a mild soap. Skin should be patted dry and NOT rubbed. You may apply deodorant after 24 hours.
- Avoid sun exposure to reduce the chance of dark or light spots for 2 months. Use sunscreen SPF 25 or higher at all times throughout the treatment and for 1-2 months following.

### FOLLOW UP

- Follow up treatments should be scheduled every 4-6 weeks.
- Consistent repeated treatments will produce best resolution of Laser hair reduction.