



Concierge Family Medicine & Aesthetics

LASER HAIR REMOVAL

PRE-TREATMENT INSTRUCTIONS:

- Please do not wear makeup in the treatment area the day of treatment.
- Hair should be cleanly shaven the day before your appointment.
- No sun-tanning or self-tanners 4 weeks prior to treatment (this includes spray tans, tanning lotions, tanning beds, sun exposure, etc.)
- History of recurring cold sores (Herpes Simplex Type I) may require an antiviral prescription prior to treatment.
- No waxing, plucking, tweezing or electrolysis 4-6 weeks prior to treatment and throughout the entire course of your treatments. The root of the hair must be intact for the laser to be effective. Shaving and clipping is permitted as often as desired.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment. (depilatories, harsh chemicals, etc.)
- Do not use any of the following products on the treated area 3 days before and 3 days after treatment: harsh exfoliating cleansers or scrubs, Glycolic Acid, Salicylic Acid, Benzoyl Peroxide, bleaching creams, retinoids (Retin-A)
- Please notify your provider/medical staff of all medications you are taking, as some medications can make you photosensitive.
- The treatment area must be free of any open sores, lesions or skin infections. For treatment of pigmented skin lesions, you should consult a specialist if there is a family or personal history of skin cancer or if you have any of these concerns.
- Please notify your provider if you have any history of Gold Therapy.
- You are not a candidate for Laser treatment if you are pregnant or breastfeeding or have been on Accutane in the last 6 months.



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POST- TREATMENT INSTRUCTION:

- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen
- Redness and perifollicular edema (looks like a rash/bug bites) are common and resolve with time,
- Bruising and swelling are less common but may occur and will resolve with time
- If a blister develops, please notify our office
- Hair may take up to 2 weeks to fall out.
- Avoid heat- hot tubes, saunas, etc. for 1-2 days after treatment
- Avoid skin irritants (examples- products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.) for a few days post treatment.
- Do not wax or pluck between treatments.

Your satisfaction is our utmost goal. Please do not hesitate to contact us with any questions or concerns. (724) 969- LAMB