

Patient Instructions for Laser Hair Removal

Pre-Treatment Instructions:

1. Avoid all tanning methods for 2-4 weeks prior to and 2 weeks following treatment. Treatment of tanned skin may cause blistering or hypo pigmentation (skin lightening) which may last for up to 1 year.
2. Avoid plucking/tweezing, waxing or electrolysis for at least 4-6 weeks prior to treatment.
3. The laser is attracted to dark colors. If we are treating your bikini area, for example, we ask that you wear white undergarments.
4. The area to be treated must be free of make-up, creams or oils. You will be asked to wash them off prior to the treatment if you choose to wear them.
5. The skin should be shaved just before treatment or left with one day of new growth.

Intra-Treatment Care:

1. A cooling device will be used to minimize discomfort and skin damage.
2. Protective eyewear will be worn by everyone in the treatment room during the procedure.
3. Children are not allowed in the treatment room during treatment.

Post-Treatment Care:

1. We expect redness and swelling at the treatment site which may last for 2 hours after treatment or longer. Most redness and swelling will last no longer than 2-3 days after treatment. The treated area may have a sensation of sunburn for a few hours following treatment. The use of ice for the first few hours after treatment will reduce the discomfort and swelling. We also recommend using a cold compress or aloe vera gel for discomfort. Rarely, minor blistering may occur. In this case, we recommend applying a thin layer of over-the-counter triple antibiotic ointment. If this should happen, please contact our office at 716-712-1050.
2. If no blistering is present, make up may be applied immediately after treatment. Use new makeup if possible to reduce the possibility of infection.
3. Avoid sun exposure to reduce the chance of hyper pigmentation (darkening of the skin) for a minimum of 2 weeks following the procedure. Use sunscreen that is at least SPF 30 and contains zinc oxide and titanium dioxide throughout the course of treatment.
4. Avoid scratching or picking at the treated skin.
5. Do not use any hair removal products or similar treatments (electrolysis, waxing, tweezing/plucking or bleaching) for 4-6 weeks following the procedure, as these modalities may disturb the hair follicle. You may shave.
6. New hair growth will not occur for at least 3 weeks following treatment. Your body will begin to force the 'dead' hair out of the follicle, which may appear as though the hair is growing. This can be removed with a wet washcloth, sponge or loofah.
7. After the underarms are treated, use a powder instead of deodorant for 24 hours following the procedure, to reduce skin irritation.
8. There are no restrictions on bathing, except to treat the skin gently.
9. Call our office with concerns or questions that you have after the treatment.

Compliance with care guidelines are crucial for optimal results, healing, and prevention of scarring or skin color changes.