



Laser Hair Removal

Contact our office with any questions or concerns at 210-245-4050

Pre Treatment Instructions

- Shave the area(s) to be treated the day before your appointment
- Avoid the sun 4-6 weeks before and after treatment until your healthcare provider allows it.
- Your provider may ask you to stop any topical medications or skin care products 3-5 days prior to treatment.
- You MUST avoid bleaching, plucking or waxing hair for 4-6 weeks prior to treatment. The melanin-containing hair must be present in the follicle as it is the "target" for the laser light.
- If you have had a history of perioral or genital herpes simplex virus, your provider may recommend a prophylactic antiviral therapy. Follow the directions for your particular antiviral medication.
- If you have a tan or have a darker skin type, a bleaching regimen may be started 4-6 weeks before treatment.
- RECENTLY TANNED SKIN CANNOT BE TREATED. If treated within 2 weeks of active (natural sunlight or tanning booth) tanning, you may develop hypopigmentation (white spots) or hyperpigmentation (dark pigmentation) after treatment and this may not clear for 2-3 months or more.
- The use of self- tanning skin products must be discontinued one week before treatment. Any residual self-tanner should be removed prior to treatment.

Post Treatment Instructions

- Immediately after treatment, there can be erythema (redness) and edema (swelling) of each hair follicle in the treatment site. The erythema may last up to 2-3 days. The treated area can feel like sunburn for a few hours after treatment.
- A topical soothing skin care product such as aloe vera gel may be applied following treatment if desired.
- Makeup may be used immediately after the treatment as long as the skin is not irritated.
- Avoid sun exposure to reduce the chance of hyperpigmentation or hypopigmentation.
- Use a sunblock (SPF 30+) at all times throughout the course of treatment.
- Avoid picking or scratching the treated skin. The area can be shaved. Do not use any other hair removal treatment products or similar treatments (waxing, electrolysis or tweezing) that will disturb the hair follicle in the treatment area for 4-6 weeks after the laser treatment is performed. Shaving may be used.
- Anywhere from 5-14 days after the treatment, shedding of the treated hair may occur and this appears as new hair growth. This is NOT new hair growth. You can clean and remove the hair by washing or wiping the area with a wet cloth or Loofa sponge.
- After the axilla (underarms) is treated, you may wish to use a powder instead of a deodorant for 24 hours after the treatment to reduce skin irritation.
- There are no restrictions on bathing except to treat the skin gently, as if you had sunburn, for the first 24 hours.