

# Laser Hair Removal

Intense Pulsed Light (IPL) laser hair removal is a safe, FDA approved, means of permanently removing unwanted hair from all areas of the body. The relatively painless procedure is non-invasive, meaning no down time after your session. The IPL laser works by targeting the melanin in the hair and deactivating the hair follicle with light energy. The laser can only deactivate hair follicles in their active growth state and since not all follicles are in the active growth state at the same time, 4-6 treatments may be necessary to destroy all the hair follicles. Follow these instructions to ensure your safety during the procedure and to maximize the effectiveness of the laser.

## Pre-Treatment Instructions

- Avoid Acutane for 6-9 months prior to treatment.
- Avoid tanning or prolonged sun exposure for 4 full weeks prior to treatment. This allows proper laser adjustment to your specific skin type.
- Avoid waxing, tweezing or using depilatories (Nair, etc.) for 4 full weeks prior to treatment. The hair must be present so the laser can destroy the follicle.
- If you have had a chemical peel or injections (Juvaderm, Radiesse, Botox, etc.) in the area you will have treated, avoid laser hair removal for at least 2 weeks.
- Refrain from using exfoliants like Retin A and Glycolic Acid in the area to be treated for 1 week before treatment.
- Shaving is okay before the procedure. Be sure to shave the area to be treated 1 day before the procedure.
- Advise the nurse if you have any of the following issues:
  - History of keloid formation
  - Excessive scarring or poor healing (due to Diabetes or other conditions)
  - Recurrent viral infections like herpes simplex (cold sores) or varicella (shingles), which may be activated by the laser treatment
  - Tattoos or permanent makeup; these may be altered by the treatment
- On the day of treatment, do not apply lotion, makeup, deodorant, perfume or sunscreen to the area to be treated. The area should be clean to avoid interference with the laser.

## Post-Treatment Instructions

- Most people experience mild redness similar to a sunburn and possibly minor swelling in the treated area, lasting for a few minutes up to 24 hours after treatment.
- You may apply ice packs, Aloe Vera gel or a mild over-the-counter Hydrocortisone cream on unopened skin to help minimize redness and swelling, and to provide comfort.
- Very rarely blistering may occur. Use a topical antibiotic ointment and cover with a dressing if this occurs. Do not pick at or attempt to remove scabs or crusts as scarring may occur.
- Do not apply makeup to treated area for at least 3 hours after procedure.
- Avoid soaking in tubs, pools or Jacuzzis for 48 hours after the procedure.
- Avoid excess perspiration for at least 48 hours, which may cause irritation at the treated site.
- You may bathe and shower as usually, but use tepid water instead of hot.
- Avoid aggressive scrubbing and use of exfoliants, scrub brushes and loofa sponges until treated area has returned to normal. No saunas for 3 days.
- Avoid prolonged sun exposure, tanning beds, and self-tanning creams to the treated area for at least 3 days after treatment. Apply sunscreen with SPF 30 or greater to skin for at least 2-4 weeks after treatment to reduce the risk of pigmentation.
- The deactivated hair will be pushed out on it's own over the next few weeks. Avoid picking or scratching the treated area. Do not tweeze or use any other means of hair removal on the treated area, let the hair fall out naturally.

*If you have any questions or concerns, please don't hesitate to call the nurse.*