



MODERN DERMATOLOGY  
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## LASER HAIR REMOVAL: PRE & POST CARE INSTRUCTIONS

### BEFORE TREATMENT:

- Avoid the sun 4-6 weeks before and after treatment. Tans compete with melanin in the hair and can result in permanent skin discoloration.
- Your physician 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 physician may recommend 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 hypo-pigmentation (white spots) after treatment and this may be permanent.
- 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:

- Immediately after treatment, there should be erythema (redness) and edema (swelling) of each hair follicle in the treatment site, which may last up to 2 hours, or longer. The erythema may last up to 2-3 days. The treated area will feel like a sunburn for a few hours after treatment.
- Your physician may use an optional cooling method after treatment to ensure your comfort.
- 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 hyper-pigmentation (darker pigmentation).**
- Use a sun block (**SPF 30+**) at all times throughout the course of treatment.
- Avoid picking or scratching the treated skin. **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** is the preferred method of hair removal.
- Anywhere from 10-21 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 axillae (underarms) are treated, you may wish to use a powder instead of 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 a sunburn, for the first 24 hours.
- Call for an appointment at the first sign of the return of hair growth. This may be within 4-6 weeks for the upper body and possibly as long as 2-3 months for the lower body. Hair re-growth occurs at different rates on different areas of the body. New hair growth will not occur for **AT LEAST** three weeks after treatment.

*If you have any questions or concerns, please call the office at 203-635-0770.*