

## **Laser Hair Removal Pre & Post Care Instructions**

### **Before Your Laser Hair Removal Procedure:**

- Please shave the entire area you desire treated within 24 hours of your planned treatment.
- Use a broad spectrum SPF 30 (or greater) sunblock before AND after your treatments. Please try to avoid natural tanning anytime within 2-3 weeks before your session.
- Avoid exfoliating agents like Retin-A, AHA/BHA, acne medication or any irritating or drying products for 3 days prior to each treatment or as advised by Dr. Tareen.
- Please notify Tareen Dermatology of any changes in topical or oral prescription medications, as they may have an effect on the ability to safely or effectively provide treatment.
- You may bring makeup or concealer to re-apply on facial areas or to cover redness post-treatment.

### **After Your Laser Hair Removal Procedure:**

- Immediately after your treatment there likely will be some slight redness, swelling around the hair follicles and mild discomfort similar to a sunburn. You may use aloe gel or cool packs may be applied.
- You may also notice during and immediately after your session the smell of burned hairs. This is normal and will subside with cleansing.
- Do not rub, or pick the treated area. Do not use any loofahs or abrasive scrubs for at least 3 days or until any redness and sensitivity subsides.
- Avoid strenuous sports activities or hot water/ saunas/ Jacuzzi for up to 24 hours after treatment to minimize irritation and prolonged redness.
- If a crusting or blistering develops apply Vaseline or ointment twice daily, to keep the area moist until healed and contact our office if the area shows signs of worsening condition.
- Continue to use broad-spectrum SPF 30, or higher, for the duration of your treatments.

### **Scheduling Your Next Treatment:**

- After your treatment, the hair may appear to grow for up to the next few weeks. This is simply the treated hair being shed from the follicle, and is not *new* growth. Once the hair has fully shed you may be hair free for a few days, up to a few weeks leading up to your next treatment.
- Shaving is recommended between sessions and is recommended the day prior to your next appointment to minimize discomfort. If they areas is not cleanly shaved, we may not be able to treat.
- Your session typically is scheduled in 4 weeks for facial areas, 6 to 8 weeks for other areas of the body. Adhering to this scheduled is important to ensure success of the treatments.
- Electrolysis, waxing, threading, tweezing or sugaring is to be avoided between sessions. Shaving or trimming of hair may be resumed normally during the duration of treatment.