

Laser Hair Removal: Pre-Treatment and Post-Treatment Information

Before Laser Hair Removal Treatment:

4 - 6 weeks before your laser hair removal treatment:

- A. Avoid direct sunlight and/or use an SPF sunscreen on the area of the skin that will be treated with the laser. If you were recently in the sun, prior to a treatment, you must let us know. This will enable us to select the appropriate device for tan skin. Newer laser systems (which we use) are safer for darker skin types and tan skin. Therefore, being tan is less of an issue. Nonetheless, minimizing tanning during the process of laser assisted hair removal may improve the results of the procedure.
- B. Shaving and/or trimming of the hair in the area to be treated is permitted. However, electrolysis, chemical depilatories, waxing, or plucking of hairs from areas to be treated should not be performed for four (4) weeks before laser hair removal treatment.

Before your laser hair removal treatment:

- A. Shave and/or trim the area to be treated being careful not to irritate the area. It is preferred that this be done at home before your appointment. Shaving hair has been documented NOT to make the hair grow back more, thicker, and/or darker.
- B. Take antiviral medications if you get cold sores, as prescribed.
- C. Some patients may choose to use a topical anesthetic (BLT) prior to laser hair removal for increased comfort during the treatment. However, use of a topical anesthetic (BLT) is not required and is at the patient's discretion. If you choose to use a topical anesthetic (BLT) please purchase and apply prior to your appointment time as directed below.

On the day of your laser hair removal treatment:

If you choose to use a topical anesthetic (BLT) it should be purchased prior to the appointment and applied at least 30-45 minutes prior to your appointment time.

BLT is a topical anesthetic containing the active ingredients Benzocaine, Lidocaine and Tetracaine

1. Tear/cut off the top of all the 3 packets (leave all 3 packets together, fold at the crease, tear/cut corner of all 3 packets. Dispense contents of all 3 packets into small cup and mix cream together.
2. Cleanse treatment area vigorously, pat dry, and immediately swipe alcohol wipes over the treatment site. (Use of the alcohol wipes will enable deeper penetration of the topical anesthesia into the skin, thus making it more effective)
3. Apply the contents of the small cup (BLT cream) and massage into the treatment site. Do not wash off the BLT cream. No second application is necessary.
4. The BLT cream will be removed in the office prior to treatment.

After Laser Hair Removal Treatment:

- A. Some people may get a more robust skin reaction than others (such as redness or swelling). Mild redness and/or swelling at the treatment site is most common, and can last a few minutes to a few hours. If this occurs, you can minimize any redness and/or swelling by applying ice packs (or frozen vegetable packs) every 1-2 hours after laser hair removal treatment.
- B. Less frequently, mild crusting and/or mild discomfort may occur. If crusting and/or scabs are present apply Aquaphor Healing Ointment twice daily with a Q-tip to the area, and call the office. Do not "pick" at the crusted areas, or attempt to remove them by force as they will fall off naturally in a few days.
- C. After each laser hair removal treatment session, the treated area should be physically blocked from the sun with sun-protective (SPF) clothing for approximately 1 week. Once the skin has healed, a broad-spectrum sunscreen (SPF 30 or greater) should be used regularly.
- D. Keep the site clean by washing twice a day with a gentle cleanser (Cetaphil or Replenix cleanser). Avoid make-up or other skin products that may be irritating to the skin while it is healing.

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Remember:

Best results are achieved with a series (6+) of laser hair removal treatments spaced 4 to 6 weeks apart. Regularly-spaced hair removal treatments allow the hair that remains from each previous treatment to be treated when it is in its early growth phase.

As a reminder - blonde, gray, white, red or fine hair do not respond to the laser.

The goal of laser hair removal is significant permanent reduction in the number of hairs in the treatment area. You should be aware, however, that while laser hair removal slows down the rate of re-growth, it does not immediately remove all of the hair. You should also not expect all the hair to be immediately "burned off" or removed. Some temporary hair growth may occur after the treatments. This hair may fall out after several weeks, and less hair will grow back after each treatment. Typically, the re-growth is less coarse and lighter in color. Shaving or trimming can be used to remove hair that grows back.

There have been rare cases, mostly with patients who have a darker skin color, where laser hair removal devices increase hair growth.

While permanent hair removal is not guaranteed, most patients achieve significant reduction following completion of a series of regularly-spaced laser treatments (on average, about 70% less hair). Dr. Duke has reviewed realistic treatment outcomes, and options for treatment alternatives. Please ask if you have further/follow-up questions.

If you experience any excessive pain, bleeding, blisters, scabs, or signs of infection (pus, redness, yellow and/or crusting), please call Dr. Duke at (860) 245-0000, as she may want to evaluate your skin.

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