

Laser Hair Reduction Pre/Post Instructions and What to Expect

Pre Treatment

- Use at least 30SPF sun block to avoid tanning skin
 - Avoid anticoagulants for 7-10 days prior to treatment (if medically permitted)
- Discontinue any irritant topical agents for 2-3 days prior to treatment.
- You should not be freshly tanned or have used self-tanner within 4 weeks of treatment
- You will need to avoid waxing, plucking, or bleaching hair for 4-6 weeks before your appointment.
- Shave the area being treated prior to their scheduled treatment (preferably the night before).
- Arrive for treatment with clean skin. There should be no lotion, make-up, deodorant, perfume, powder or bath/shower oil present on the skin in the area to be treated.

Post Treatment

- Wear Sunscreen with an SPF of 50 or higher at all times on treated areas.

What to Expect After Treatment

- Skin may appear temporarily pink with mild swelling around the hair follicle, but this goes away quickly. Over the next couple of weeks the affected hair will naturally come out, and the remaining hair will appear thinner, softer, and more sparse. As hair in the treated area lessens over time, sessions may be more spaced out.
- A treatment plan consists of usually 6-12 sessions spaced 4-6 weeks apart depending upon the treatment area, hair density, color, and thickness. Hair has three stages of growth. Only hair in the active growth phase will be affected by the laser energy. Therefore multiple sessions are necessary. Hair in different parts of the body also grow at different rates, so the body part treated will influence treatment intervals.