

Pre & Post Treatment Instructions Laser or BBL Hair Removal

Patient response can vary after a hair reduction treatment. Erythema (redness) and edema (swelling) around the hair follicles in the treated area are sometimes noted within a few minutes after the completion of the procedure and typically completely resolve within 24-48 hours. A sunburn sensation in the area treated is also normal and expected.

The treated area must be treated with care. **BE GENTLE!** Do not scratch or pick at your skin.

- Prior to treatment please ensure:
 - That you do not have a tan, sunburn or recent (~4-6 weeks) sun exposure in the area to be treated;
 - That you have not used sunless tanner or spray on tan in the area to be treated in the past 14 days;
 - That you have not used retinol in the area to be treated in the past 7 days;
 - That you have not used any other exfoliants (Hydroquinone, glycolic acid, salicylic acid, benzoyl peroxide, ect.) in the past 3 days.
- Until sensitivity has completely subsided, avoid all of the following:
 - Applying make-up over the treated areas
 - Use of scented lotions or soaps, deodorants, exfoliant creams (Retin-A, glycolic/salicylic and alpha- hydroxy acids), acne creams or gels, loofa sponges and aggressive scrubbing
 - Hot or cold water - wash with tepid water
 - Shaving
 - Swimming pools and spas with multiple chemicals/chlorine
 - Activities that cause excessive perspiration
- A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. This is typically only needed within the first 12 hours after the treatment.
- Vitamin E or Aloe Vera applied to the treatment area may provide a soothing effect.
- Post treatment discomfort is typically minimal but if the area is very uncomfortable, oral pain reliever; i.e. Extra Strength Tylenol, may be used.
- In the unusual case of crusting of the skin in the treated area, apply an antibiotic ointment twice a day to the affected areas. Do not pick at these areas, as this may result in infection or scarring.
- If the skin is broken or a blister appears, apply an antibiotic ointment and **contact** the office immediately. Keep the affected area moist and avoid direct sunlight.
- In rare cases, hives have been reported after laser hair reduction treatments. If you experience an irritated raised rash after treatment contact the office. Benadryl may be taken to help relieve the itchiness.
- Do not use any other hair removal methods or products on the treated area during the course of your laser treatments (tweezing, waxing and depilatories), as it will prevent you from achieving your best results.

- Strictly avoid any sun exposure to the treated area for a minimum of 14 days after the procedure. The treated area is more prone to sunburn and pigmentation change. Keep the area covered and use a sun block with a protection factor of 30+. Delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment.
- Hair may take **up to 4 weeks**, or in some cases, as little as a few days, to fall out following treatment. Do not be alarmed if hairs appear to be “growing” during this time.
- Subsequent treatments are based upon your clinician’s recommendation and are typically 4-8 weeks apart. The number of treatments required will depend upon the body location, the amount of hair present, the character of the hair and your skin type.

Patient’s Name (Printed): _____

Signature: _____

Date: _____

Witness: _____