

## **Laser Hair Removal Patient Instructions**

### **Pre-Treatment**

**Discontinue all tanning 4-6 weeks prior to treatment – this is the single most important act that decreases effectiveness of treatment. Self-tanning creams and sprays need to completely fade as well.**

**The hair needs to be in the follicle at the time of treatment. Patients should not wax, tweeze, bleach or use depilatory agents for 4 weeks prior to treatment. Shaving is the only acceptable means of hair removal. The closer the shave prior to treatment the better.**

**Remove all lotions, makeup, creams and deodorant before treatment. These can obstruct or refract laser light negatively.**

**If you get cold sores or have genital herpes, start taking Zovirax or similar medication before treatment.**

### **Post-Treatment**

**After treatment you may have some redness or bumps. This is normal. You may use a cold compress if needed.**

**Avoid prolonged sun exposure and use a broad spectrum sunscreen of SPF25 or higher for 2 weeks after treatment. Moisturizer and makeup may be used.**