

Laser-IPL Hair Removal Pre Treatment Procedures

1. Before any laser treatment you must avoid sun exposure, tanning beds and tanning creams for approximately one month and refrain from using these products throughout the course of the remaining treatments.
2. Shave the area that is to be treated the day of the appointment to ensure a clean hairless surface. Thick overlying hair, if not shaved, will absorb the laser energy and superficial thermal injury can occur.
3. For under arms, it is important to NOT use any anti-perspirants or deodorants on the day of the appointment.
4. On the day of the appointment try to avoid any perfumes, colognes, after-shave, or body lotions on the area to be treated.
5. For treatment on the bikini area please dress appropriately and bring a change of clothing if necessary.
6. Please note that once the decision has been made to begin laser hair removal treatments, you are no longer allowed to tweeze, wax, or use hair removal creams in between treatment. If absolutely necessary you may only shave the area to be treated.

Contraindications:

- Pacemaker or internal defibrillator
- Accutane® (or other oral retinoids) within the last 6 months
- History of keloid scarring
- Any abnormal or undiagnosed pigmentations
- Atypical moles of malignancy
- Non-intact skin (i.e. sores, psoriasis, eczema, infection, rash)
- Laser resurfacing in treatment area within 3 months
- Any medical conditions involving impairment of skin structure, especially healing
- Poorly controlled Diabetes
- Pregnancy
- Medication that may cause photosensitivity to light 680-980 nm
- Nickel allergy
- Recent chemical or mechanical peel in treatment area (within 2 weeks)
- Wait 2 weeks before/after injectable or filler procedures in treatment area

Laser-IPL Hair Removal Post Treatment Guidelines

1. Immediately after your treatment, there could be erythema (redness) and edema (swelling) at the treatment site. This may last up to 2 hours or longer. The erythema could in fact last up to 3 days. The treated area will feel like sunburn for a few hours after treatment. Apply ice if necessary, during the first few hours after the treatment, to reduce any discomfort or swelling that you may experience.
2. In some cases, topical antibiotic ointment may be used for 3-4 days, but usually this is not necessary. Some physicians recommend only aloe vera gel or ice after the treatment. Darker skin types may have more discomfort than lighter skin types and may require the aloe vera gel or antibiotic ointment somewhat longer, approximately 5-7 days.
3. If the area develops a crust or scab, then apply a common antibiotic ointment such as Polysporin[®] to keep the area moist until the crust or scab falls off. Allow the crust or scab to fall off on its own. Do not pick at the area, for doing so may cause hyper-pigmentation (darkening) in that area, and/or may cause an infection to set into the unprotected skin.
4. Makeup may be used immediately after the procedure, unless there is epidermal blistering. It is recommended that you use newly purchased makeup to reduce the possibility of infection. Older makeup may contain bacteria that may have been developed over time and continuous use.
5. If the treated area looks infected and/or tenderness is obviously present, please contact the office, as a stronger antibiotic may be needed.
6. Avoid sun exposure to reduce the chances of hyper-pigmentation. If exposed by necessity, you should use adequate sunscreen (SPF 30 or greater) at all times throughout the course of the treatment.
7. Avoid picking or scratching the treated skin. Do not use any other hair removal products or similar treatments (waxing, electrolysis, tweezing, depilatory creams) that will disturb the hair removal treatment. You may shave the area 3-5 days after the procedure if there is no crusting or scabbing.
8. Anywhere from 5-14 days after the treatment, shedding of the surface hair may occur and this may appear to look like new hair growth. This is NOT new hair growth. You can clean and remove the hair by washing or wiping the area with a wet cloth or loofah sponge.
9. There are no restrictions on bathing except that you must treat the skin gently, as if you had a sunburn, for the first 24 hours.

Post treatment skin care instructions must be followed to prevent complications. Please contact the technician with questions or concerns regarding your treatment.