

Laser Hair Removal Pre & Post Care Instructions

What is this treatment about?

The laser energy passes harmlessly through the top layer of skin and is absorbed by the melanin in your hair. The energy heats the follicle and disables it when there is blood supply to the papilla, while in the anagen phase of the hair growth cycle. 10-15% of your hair will be in this phase during each consecutive treatment .

How to prepare for your appointment:

Discontinue: sun tanning, tanning beds and applications of sunless tanning products at least 2 weeks before your treatment to prevent burning.

If you have a history of herpes virus you will need to contact your Dr to start an antiviral before your appt to prevent an outbreak.

No waxing, tweezing, or threading for 2-3 weeks prior to your laser treatment.

SHAVE 3-4 days before your appointment. Long hair will hurt more and be less effective, but we need visible hair for the laser to effectively target. You can trim the area down to stubble before coming in with trimmers or scissors if you forgot to shave a couple of days ahead of time.

If you want to pre-numb before your appointment, sample jars of 5% topical lidocaine are available to purchase from our front desk. Call ahead of time to let us know.

During the Treatment

On occasion, pain and discomfort will occur with laser hair removal but the 5 ° cooling hand piece helps minimize this before and in-between passes . If pain is excessive during the procedure, inform the technician immediately, so that energy settings can be adjusted.

Post Treatment Instructions:

1. Immediately after laser hair removal, redness and bumps at the treatment area is normal. It may feel like a sun burn for a few hours. If needed, use a cold compress. Dense and very dark hair will react more, but this is good and what we want! Most people can go back to work or resume there day immediately without any down time!

Any crusting, apply antibiotic cream. Some physicians recommend aloe vera gel. People with darker skin types may experience more discomfort than people with lighter skin types and may require longer usage of aloe vera gel or an antibiotic cream.

2. Makeup may be used after the treatment unless there is epidermal blistering. It is recommended to use new makeup to reduce the possibility of infection. Be sure to wear moisturizer on under your makeup. In fact, moisturizer will help exfoliate the dead hair from the follicle, so use moisturizer frequently and freely on the treated area. Any moisturizer without alpha-hydroxy acids is recommended.

3. Avoid sun exposure, tanning beds or self-tanning lotions to reduce the chance of dark or light spots for 2 months. Always use sunscreen SPF 25 or higher throughout the treatment and for the following 1-2 months.

4. Avoid picking or scratching the treated skin, this may cause scarring. DO NOT USE any other hair removal methods or products on the treated area during your laser treatments, as it will prevent you from achieving your best results.

5. Shower with lukewarm water after the laser treatments, use soap, deodorant, etc. The treated area may be washed gently with a mild soap. Skin should be patted dry and NOT rubbed. You may apply deodorant after 24 hours.

6. Avoid hot tubs or saunas while skin is red (1-2 days).

7. No strenuous exercise for 24 hours after the treatment, this will aggravate the redness and swelling.

8. Hair re-growth occurs at different rates on different areas of the body. New hair growth will not occur for at least three weeks after treatment.

Call the office with any questions or concerns you may have after the treatment.

Please note:

Stubbles, representing dead hair being shed from the hair follicle, will appear within 5-30 days from the treatment date. This is normal and is not new hair growth. It will fall out quickly, or you can help the hair exfoliate by gently wiping with a washcloth.

Frequently Asked Questions -Laser Hair Removal

Q. How does laser hair removal work?

A. Different wavelengths of laser are used for different skin types. Our Icon works safely and effectively on Fitzpatrick skin types 1-4.

The laser energy is attracted to the color of your hair, then heats the hair follicle to the blood supply, disabling it. Only anagen hairs can have the hair follicle disabled because it's the only phase in the hair growth cycle with blood supply to the follicle.

Q. Does the procedure hurt?

A. There is some pain experienced during treatment, but the Icon has a self-cooling mechanism to help minimize pain. Topical numbing is NOT recommended during laser hair removal to ensure the energy settings are set effectively but without burning the skin.

Q. How many sessions will hair removal require?

A. Not all the hair follicles are growing at the same time (only anagens). About 1/3 of a person's follicles are dormant at any given time and cannot be disabled with a laser. We give you an estimate of minimum expected treatments, but there is no guarantee due to hormonal changes and/or genetic factors. 1-2 maintenance session every couple of years is normal to keep new hair growth minimal.

Q. How often do I need to come in?

A. We have found scheduling 4 to 6 weeks apart gives the most effective treatment.

Q. What should I expect after my treatment?

A. Immediately after treatment you may experience redness, swelling and edema. Although rare, it is possible have hyper (darkening of the skin) or hypo (lightening of the skin) pigmentation. Unforeseen complications can occur and last up to months, years or permanently. Please see the consent form for more information.

Q. Should I put anything on it?

A. Moisturizer is always good. Apply sunscreen and keep the treated area covered to minimize sun exposure during the hair removal process. Stay away from hot tubs or direct sunlight on the treatment site for 1-2 days after each treatment.