



Pre & Post Treatment Instructions Laser Hair Removal Treatments

BEFORE your laser treatment:

- Shave area to be treated the morning of the laser treatment. Hair should be shaved cleanly. No waxing, tweezing or depilatories **one month prior** to treatment. Shaving the hair will manage hair between treatments.
- If a patient has a history of Herpes, prophylactic medications may be prescribed one week prior to treatment.
- Do not tan or use self-tanning products as they may cause adverse effects. Stay away from aspirin or Aleve, ibuprofen, Advil or Motrin and Vitamin E one week before a treatment.
- Wear loose fitting clothing that allows comfort and modesty to the area to be treated.
- Please remove all jewelry.
- No restrictions in normal daily activities following a hair laser treatment.

AFTER your Laser Hair Removal Treatment (*follow for one week after your treatment*):

- Wash treated area gently with soap and water.
- Take Tylenol per packaging directions as needed for discomfort.
- No shaving over treated area as long as the area is red and/or swollen. Hair may remain for up to two weeks following your treatment. You may use a Loofa to remove loose hair after a treatment.
- Apply a broad-spectrum UVA/UVB sunscreen with an SPF of 30 or higher and zinc or titanium dioxide to the treated area if in the sun for at least six months following the laser treatment. **Dr. Lynch recommends SkinBetter Science SunBetter Advanced Mineral Protection sunscreen.**
- Avoid hot tubs, swimming for one week afterward as chemicals can cause infection.
- Your skin may appear red or blotchy in the treated area for 24-48 hours after the laser treatment.
- If a blister appears, apply Aloe Vera gel to blistered area until resolved. Keep clothing from rubbing blistered area.

Any questions/ concerns – call our office at 480-800-8346

