

Laser Hair Removal

Pre-treatment Instructions

1. Tanned patients are advised to avoid tanning for 2-3 months prior to treatment and use a sunscreen of SPF 15 or greater on exposed areas for 4-6 weeks. Our physician may recommend pretreatment with a bleaching cream 4-6 prior to treatment.
2. Avoid waxing, plucking, depilatory creams or electrolysis for at least six weeks prior to treatment. Avoid self tanning products for 2 weeks prior to treatment.
3. Shave the treatment area the day before your appointment. Do not shave the day of your treatment. When you arrive for your appointment, make sure the area to be treated is clean and free of make-up or lotions of any kind, including deodorant.
4. Our physician may prescribe a topical anesthetic. This cream should be applied 60-90 minutes before your treatment. Follow the instructions of your pharmacist, physician or nurse when applying to insure best results.
5. You must have discontinued Accutane at least 2 months prior to your treatment. Stop Retin A, Retinol, Glycolic and similar products 2-3 days prior to treatment.

Post-treatment Instructions

You have been treated with the *LIGHTSHEER* diode laser. Treatment will result in a mild sunburn sensation that typically disappears in 2-3 hours. Mild redness and swelling may persist for 2-3 days following treatment. The treated area is very delicate and should be treated gently. To prevent complications, please follow the instructions below. If you have any questions or concerns please call us at 559-625-1060.

1. A topical treatment such as aloe or *Aquaphor* should be applied to keep the area moist. Avoid irritants like glycolic acids and retinoids for 3-4 days after treatment. Do not wear deodorant for 2-3 days after treatment if underarms are treated.
2. The treated area should be washed gently twice daily with a mild soap and water.
3. DO NOT rub the treated area with a wash cloth or towel. Gently pat the area dry.
4. Sunlight should be avoided after treatment and sunscreens (SPF 15 or greater) should be applied if the treated area is to be exposed to the sun after your treatment.
5. Avoid strenuous exercise for 2-3 days following your laser treatment.
6. If makeup is used, it must be applied and removed delicately. Irritation to the area can increase the chance of complications.
7. If the area develops a crust or scab, keep it moist with antibiotic ointment until the crust or scab falls off on its own. Do not pick at the area. Scarring may result.
8. If the area looks infected or you have any questions or concerns please call 559-625-1060.

I have read and understand the above preoperative and postoperative instructions. All the questions I have at this time have been answered.

Patient signature_____Date_____