

## LASER HAIR REMOVAL

## POST CARE INSTRUCTIONS

**Expectations and skin care post treatment:**

- Hair will start to shed 2-3 weeks after your treatment. DO NOT tweeze, pluck, wax, thread, or do any other hair removal treatment that removes the follicle itself throughout the course of your laser treatments. You may shave as often as necessary.
- You may have redness, itching, or mild swelling following your treatment. This usually resolves within 24-48 hours. You may use OTC hydrocortisone twice a day to alleviate these symptoms.
- You can re-apply your make-up, deodorant, etc. immediately following treatment.
- YOU MUST WEAR SUNSCREEN to the treated area if it is exposed to the sun on a daily basis. Sunscreen should be worn daily and reapplied as needed. SPF 30+ is recommended. This will aid in prevention of hyperpigmentation to the treated area.
- Avoid direct and prolonged sun exposure, tanning beds, and tanning lotions for 2 weeks prior to and following treatments.
- Occasionally, the hair follicles will respond to the laser by developing bumps that appear like acne. This is not an emergency, but we can offer treatment if this occurs.

**In between treatments please remember the following:**

- Do not pluck or wax hair for at least 2 weeks prior to treatment.
- Do not tan your skin for at least 2 weeks prior to treatment.
- Do not apply self-tanner for at least 1 week prior to treatment.
- You may shave the treatment area as often as necessary, but **please be sure and shave 12-24 hours prior to your laser treatment**. This allows for the majority of the laser energy to be delivered below the surface of the skin where the hair is actively growing.
- The treatment area must be free of make-up, lotion, deodorant, etc. prior to treating.

**How does laser hair removal work?**

Laser hair removal is the use of laser energy to produce long-term hair reduction. The laser light targets the pigment within a hair follicle and in doing so, destroys the hair by disconnecting the follicular bulb from the vascular supply. Once this vascular connection is disabled, the hair follicle will shed. The hair follicle must be in the active growth stage for this to happen. Only approximately 10-20% of hair is in the active growth stage at any given time; therefore, multiple treatments are required in order to achieve optimal results. The darker and more coarse the hair, the better the response to laser. Fine, light hair typically does not respond as well; white hair does not respond at all to laser hair removal.

**How many treatments are needed?**

In most cases, a series of 6 to 8 treatments are required at 4-10 week intervals, depending on the treatment location and the individual patient. Following the initial series of treatments, maintenance treatments may be needed periodically to maintain results. After a single treatment, the hair is usually reduced in thickness and density for a period of time; however, 1 treatment is not adequate for complete removal. To keep an area completely devoid of hair, maintenance treatments are always required. These maintenance treatments may eventually be required at only yearly intervals or even less often than that. This depends on the area being treated as well as the individual.