

LASER HAIR REDUCTION PRE TREATMENT

Center for Cosmetic & Plastic Surgery

541-770-6776

INFORMATION/INSTRUCTIONS

Pre Treatment Precautions:

It is important that the area being treated ***not be exposed to the sun***. A broad-spectrum (UVA/UVB) sunscreen of 30 SPF or higher should be applied whenever area to be treated is exposed to the sun. This practice should continue between treatments and following your last treatment for at least 6 weeks.

Hyper-pigmentation (dark patches of skin), or hypo-pigmentation (white patches of skin) can result if treated area is exposed to the sun.

DO NOT use **Retin-A or Renova** one week prior to laser treatment.

DO NOT take **Accutane** for six months prior to laser treatment.

DO NOT pluck, tweeze, thread, wax or use depilatory agents treatment.

The area **should be** shaved 24-48 hours prior to treatment. Stubble is needed to visualize area. If the area being treated has a heavy hair growth, you should shave just prior to coming for treatment.

DO NOT wear **make-up, deodorant, perfumes or powder** on the areas to be treated.

Plan to avoid tight elastic at the leg opening, following bikini treatments, for 3-5 days.

If you have a history of genital or oral herpes (**fever blisters**) and are having this area treated, you will need to have your physician prescribe suppressive therapy and take as directed. We cannot not treat during an active outbreak.

We will not perform your laser treatment if you have a suntan, sunburn, have used self-tanning creams or are on medications that cause photosensitivity because of the likelihood of hyper-pigmentation or hypo-pigmentation.

***To achieve the desired results; the specified number of treatments must be adhered to. Skipping treatments, even when it appears you have achieved the results, will result in a less than adequate outcome. To reduce your risk of complications, it is important to follow these post treatment instructions. If you have any questions or concerns, please contact your laser technician at 541-770-6776.**

LASER HAIR REDUCTION POST TREATMENT

INFORMATION/INSTRUCTIONS

Post Treatment Precautions:

- Treat the area delicately. Do not rub, scratch or pick the treated area.
- If the treated area becomes tender or shows signs of infection such as pus, tenderness, or if you develop a fever, contact one of our laser technicians at **541-770-6776** immediately.
- Avoid swimming, sports, and strenuous exercise for two to three days following treatment.
- Do not shave the area if crusting or blistering occurs.
- Do not use hot water on treated areas immediately following treatments.

Care of the Treated Area:

- If crusting or blistering occurs apply a light coat of antibacterial ointment such as Polysporin, to the treated area as often as necessary to keep the area moist.
- Keep the treated area clean.
- Discomfort, such as swelling or redness can be relieved with Tylenol or by applying ice.
- It is best not to use make-up for three days on the treated area. If make-up is a must, you should apply and remove it very delicately. Excessive rubbing can cause trauma to the area and may increase the chance of scarring or hyper-pigmentation.
- Treated hair will exfoliate or push out in approximately two to three weeks (sometimes sooner), and may appear darker and thicker before falling out.
- Do not shave for a **minimum of 3 days post treatment**.
- Do not occlude the underarm with deodorant for three days. Use a light powder instead.
- When showering, always gently rinse with cool or tepid water and gently pat the area dry. ***Do not rub.***

Patient

Signature _____ Date _____

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