

**Laser Hair Removal Pre & Post Treatment Care  
Recommended Daily Regimen & In-Office Procedures**

**PRE TREATMENT INSTRUCTIONS:**

1. Avoid sun exposure and tanning beds.
2. No Retin-A products or applications 7 days prior to treatment.
3. Stop the use of medications or irritating agents to the skin for 1-2 days before treatment.
4. Shave treatment area 1-2 days before treatment. For rapidly growing areas, such as a man's beard. Shave may be done the day of treatment.
5. You should arrive with skin clean, no lotion, makeup, deodorant, perfume or sunscreen before treatment.
6. Wait at least 2 weeks after chemical peel or injections (botox, collagen) in treatment area before hair removal treatment.
7. Wait 4-6 weeks following waxing, tweezing or threading in the treatment area.
8. No Accutane for 2 months,

**POST TREATMENT HAIR REACTION:**

1. Shedding time depends on individual factors such as hair type and skin type (ie. darker/coarse hair sheds faster)
2. Avoid sun and apply sunscreen to treated area following treatment.
3. Do not irritate treated area chemically or mechanically for a couple of days after treatment.
4. Avoid direct and indirect heat to treated area for a couple of days (especially those who have a tendency to hyperpigment)
5. You can shave or clip the treated area, but avoid tweezing, plucking, threading or waxing.

**POSSIBLE SIDE EFFECTS:**

1. Temporary mild discomfort from treatment
2. Temporary swelling, redness in treatment area
3. Superficial scabbing, crusting or blistering can occur but is rare.
4. Transient or permanent discoloration (extremely rare) following treatment

**TREATMENT SCHEDULE:**

Facial Area- Every 4-6 weeks; subsequent treatments when growth reappears  
Body Area- Every 8-10 weeks; subsequent treatments when growth reappears

**AVERAGE NUMBER OF TREATMENTS:**

Face Area: 6-8 (vellus hair may need more treatments)  
Body Area: 6-8

◆ *The above data is a statistical average. Some patients may require less than average or more than average number of treatments to achieve satisfactory clearance. Response to laser treatment varies depending on medical factors, and skin and hair types. There is also a small percentage of idiopathic non-responders.*

MAINTENANCE (optional)

For ingrown hair-exfoliate using Exfozyme, Micro Exfoliating Scrub or Glycolic product based on recommendation by your Dermatologist or Aesthetician.

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