

# Integrity Aesthetics MD

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## LASER HAIR REMOVAL PRE AND POST CARE INSTRUCTIONS

### BEFORE YOUR LASER HAIR REMOVAL PROCEDURE:

Please shave the entire area you desire treated the day before your planned treatment.

Use a broad spectrum SPF30 (or greater) sunblock before AND after your treatments. No natural or artificial tanning (which includes tanning beds and spray tans) anytime within 2-3 weeks before your session.

Avoid exfoliating agents like Retin-A, alpha or beta hydroxyl acids, toners or any irritating creams for one week prior.

Do not apply any perfumes, deodorant, or make-up to the desired area the day of your treatment.

### AFTER YOUR LASER HAIR REMOVAL PROCEDURE:

No deodorant for 24 to 48 hours if underarm was treated.

Immediately after your treatment there likely will be some slight redness, itchiness or swelling around the hair follicles and mild discomfort similar to a sunburn. You may use aloe gel/lotion or a hydrocortisone cream to help soothe and settle your skin down. Cool packs may be applied.

You may also notice during and immediately after your session the smell of burned hairs. This is normal.

Do not rub or pick the treated area. Do not use any loofahs or abrasive scrubs for at least 5 days.

Avoid strenuous sports activities or hot water/saunas/jacuzzi for 3 days.

If a crust develops, apply a common antibiotic ointment such as Neosporin to keep the area moist until healed.

Avoid sun exposure for at least 2 weeks to reduce the chances of hyper-pigmentation. If exposed by necessity, you should use adequate sunscreen (SPF 30 or greater) at all times throughout the course of the treatment.

Contact our office if the area shows signs of infection or blistering.

### SCHEDULING YOUR NEXT TREATMENT

After your treatment, the hair may appear to grow for up to two weeks. This is simply the treated hair being shed from the follicle and is not new growth.

Shaving is recommended between sessions and is necessary the day prior to your next appointment.

Your next session typically is scheduled in four to six weeks.

Electrolysis, waxing, threading, tweezing or plucking is to be avoided between sessions, however shaving is encouraged.