URBAN

Laser Hair Removal Pre and Post Care Instructions

Pre-Treatment

- The area being treated **MUST BE CLEAN SHAVEN.**
- Do not wax, pluck or use depilatories during your series of laser hair reduction
- Avoid sun exposure for 1 to 2 weeks prior to treatment and use SPF 30 daily to ensure coverage against UVB and UVA rays.
- Do not use self-tanning products for 1 to 2 weeks prior to and/or post treatment.
- Discontinue use of Tretinoin type products (Renova, Tretinoin, Retin A, Retin A Micro, Tri-Luma, Solage, etc.) or Hydroquinone at least 2 or 3 days prior to treatment.
- Many medications that are sun sensitive will also make your more sensitive to the laser. Please disclose any medications that you may be taking.
- If you have a history of cold sores, begin prophylactic treatment with Valtrex or similar no later than the day prior to your laser hair treatment.
- Notify the office if you develop a cold sore, acne, open lesions in the area being treated, or experience any type of illness prior to your treatment.
- Longevity of botulinum toxin and fillers done any time within 6 months prior to face treatment may be affected. Toxin done within 2 weeks prior to treatment is not recommended.

Post-Treatment

- You may experience small red bumps around the hair follicle. This is normal and expected. Do not pick, rub, or scratch these until they have cleared. Your skin overall may be sensitive for several days following your laser hair removal treatment.
- If your skin scabs or crusts or you experience a burn please contact the office. Do not pick, rub, or scratch these areas. Doing so can result in infection, permanent pigment changes in your skin or even scarring. Gently cleanse the area and apply hydrocortisone cream several times a day for one week. If the area is open, also apply a layer of antibiotic ointment over the hydrocortisone cream. Please contact us immediately if you experience any burns.
- Do not sunbathe or use a tanning bed for at least 2 weeks following your treatment. If you need to be out in the sun, wear a mineral SPF 30 minimum.
- Avoid swimming, hot tubs and saunas for several days following your treatment.
- It can take several weeks for the hair in the treated area to "fall out" (push up and out of the follicle). This time frame is normal.

- Do not expect your hair to "not grow back" after a single session. Laser hair removal is a process with most commonly 6-10 sessions needed. Each session you will notice a reduction and thinning of hair.
- Subsequent treatment sessions should be 4 to 6 weeks if done on the face and 6 to 8 weeks if done on the body.
- Although rare, infection in the treated area is possible. Signs of infection may include redness and tenderness in the infected area and fever. Should you develop an infection, antibiotics may be necessary. Please contact us should you have any concerns. Please know this is extremely uncommon.

Due to laser hair removal requiring multiple sessions, this consent is for valid for 12 months.

Date *

MM/DD/YYYY

Signature *