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## **LASER HAIR REMOVAL PATIENT INSTRUCTIONS**

### **PRE-PROCEDURE TIPS:**

1. Before procedure: Shave area 24-48 hours before treatment  
NO waxing for as long as possible  
NO plucking for as long as possible  
NO electrolysis 3 weeks prior
2. NO lotion, deodorant, or make-up the day of treatment.
3. NO sun exposure or tanning beds for 4 weeks before treatment. NO self-tanners 1 week before treatment. Sun tanning activities decrease efficacy of your treatment and greatly increase risks of laser burn.
4. It is beneficial to take Motrin or Tylenol about half an hour prior to treatment. Topical anesthetic, such as LMX, can be purchased and applied 30 minutes before treatment. Do not use prescriptive strength topical anesthetics to large body areas with occlusion. This can cause toxicity.
5. Prior to treatment, please advise us if you have a history of cold sores or if you have been on Accutane within the past 6 months.
6. See consent form for detailed summary of possible side effects.

### **POST-PROCEDURE TIPS:**

1. Avoid bathing or showering with hot water for 24 hours . . . use tepid water.
  2. Use mild cleanser and keep the area moisturized.
    - o If redness occurs, you may apply aloe and hydrocortisone.
    - o If swelling occurs you may apply ice to area.
    - o If oozing or blistering occurs, please call our office. (847) 367-8815
  3. Avoid the sun and use sunscreen daily.
  4. Continue to avoid irritants on treated area (ex: Retin-A, Benzyl Peroxide, Glycolic Acids, Astringents) for at least 5 days.
- DO NOT vigorously rub or scrub the area after treatment. Treated hairs take up to 2 weeks to fall out. Coarse terminal hairs, such as bikini hair, may take longer. These hairs do not grow long but gradually fall out as they surface.
6. Please feel free to call the office if you have any questions or concerns, 847-367-8815.

### **HYDROQUINONE**

Hair removal lasers use high amounts of energy to remove unwanted hair. These lasers are attracted to dark pigment and not the hair follicle itself. In order to receive the best results from the laser, some patients are required to use hydroquinone prior to their treatment. Hydroquinone temporarily stops your skin from making pigment so that the laser is attracted to the hair follicle. Hydroquinone also allows us to use a higher energy for a better result from the laser.