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Mountain State Dermatology Laser Hair Removal Instructions

Before Treatment

1. No aspirin or aspirin containing products for at least **two weeks** before treatment. Do not take Advil or ibuprofen-containing products for three days before treatment. Tylenol is an acceptable alternative if pain medication is required. Aspirin increases the risk of bruising at the treatment site.
2. Laser treatments should not be done if you have been on Accutane within the past year.
3. The treatment area must be free of any tan. Sun avoidance and/or sun block are recommended (SPF30) **at least six weeks** before treatment. Tanned skin has a high risk of side effects and decreases the effectiveness of the laser.
4. Avoid waxing, electrolysis, and plucking of the hairs 4-6 weeks before the treatment. A hair must be present in the follicle in order for the laser to be effective.
5. Men who are having treatment on their back should shave the hair in the treatment area the day before the treatment.
6. If you have a history of cold sores near the area to be treated, you may need to take an oral medication before your treatment to prevent a cold sore from developing. Take the prescription as recommended.
7. Retin-A, Renova, and Tazorac should be discontinued two weeks before and two weeks after the treatment.

After Treatment

1. No special wound care is usually needed. Ice packs during the first few hours may provide some relief from any residual stinging or burning that you may experience.
2. If significant blistering and/or scabbing develop, apply a thin coat of Aquaphor Healing Ointment (available at your local drug store over the counter) to the scabs twice daily **DO NOT** pick off any scabs that may form. Please call our office if you experience these symptoms.
3. It may take a week or more for the hair to shed. During this time it may appear that the hair is still growing.
4. Continue strict sun avoidance in the treatment area.
5. Redness after laser treatment is common and can last from a few hours to a few days. While redness is present avoid scented lotions, harsh soaps and exfoliants.