



Advanced Dermatology

Skin Cancer and
Laser Surgery Center, P.C.

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Board Certified Dermatologists

General Dermatology

Gregory G. Papadeas, D.O.
Steven A. Brenman, D.O.
Jamie G. Surovik, M.D.
Jennifer A. Ray, M.D.
Ryan L. Owen, D.O.
Ryan G. Gamble, M.D.
Jonathan A. Bielfield, D.O.
Dawnielle C. Endly, D.O.
Paul J. Grant, M.D.
Anne H. Hanson, D.O.
Roger I. Ceilley, M.D.

Mohs Micrographic Surgery

James T. Chapman, M.D.
Darlene S. Johnson, M.D.

Dermatopathology

Sean Amsbaugh, M.D.

Pediatric Dermatology

Elizabeth Swanson, M.D.



Medical Center of Aurora

1390 South Potomac Street
Suite 124
Aurora, CO 80012
303-368-8611
303-368-9791 fax

Centennial

12645 East Euclid Drive
Centennial, CO 80111
303-493-1910
303-493-1915 fax

Evergreen Medical Center

30960 Stagecoach Blvd., Suite W140
Evergreen, CO 80439
303-670-7065
303-670-7067 fax

Summit County

710 Summit Blvd., Suite 102
PO Box 4005
Frisco, CO 80443
970-668-9650
970-668-9654 fax

Castle Rock

2352 Meadows Blvd., Suite 220
Castle Rock, CO 80109
303-493-1910

LASER HAIR REMOVAL CARE INSTRUCTIONS

I. Care for the Test/Treatment Site

1. Skin irritation is common following laser hair removal. This may last from 1-30 days, but usually heals in 1-3 days. If redness or irritation persists, apply cool compresses to the area for 10 minutes per hour for at least 3 hours. If a blister forms, you may drain it using sterile precautions.
2. You may have mild pain after treatment. You may take Tylenol every four hours if needed.
3. Cleanse treatment sites with soap and water daily. Apply lotion and or 1% Hydrocortisone, which can be bought over the counter, for one week after each laser treatment visit, or until the areas are well healed.
4. Avoid sun exposure to the treated areas for one week to avoid a "tanning" reaction in treated skin. Use of a sunscreen with an SPF of 15 or greater is recommended.
5. Treated hair will often remain until it is washed off or falls out. Exfoliating the skin with a loufa sponge or wash cloth will help with this. In fact, treated areas often appear to be growing. This is just the hairs slowly being pushed out. These hairs are often lighter in color. Treatment intervals depend on the site treated and the individual's rate of hair growth.

II. Preparation for the Next Treatment

1. No tanning, waxing or tweezing at least two weeks prior to treatment. This enables you to have a better treatment result.
2. If using Retin-A, please stop for one week prior to treatment and do not use for one week after treatment.
3. Please have the area to be treated cleanly shaven the day of your treatment.
4. Apply topical anesthetic that was purchased by you one hour prior to the laser treatment.