



Advanced[®] Dermatology

Skin Cancer and
Laser Surgery Center, P.C.

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LASER HAIR REMOVAL CARE INSTRUCTIONS

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 the 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 loofa sponge or wash cloth will help 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 growth.

Preparation for the Next Treatment

1. No tanning, waxing, or tweezing at least two weeks prior to the treatment. This enables you to have better treatment results.
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 clearly shaven the day of your treatment.
4. If needed, apply topical anesthetic that was purchased by you one hour prior to the laser treatment.