

PRE & POST TREATMENT INSTRUCTIONS

LASER HAIR REMOVAL

Pre-Treatment Instructions:

- Discontinue sun tanning and the use of tanning beds for 4 weeks and self-tanning creams at least 10 days before treatment.
- Always use an SPF-30 or greater sunscreen on all exposed treatment areas and re-apply as necessary.
- Wear protective, light occluding hats and clothing.
- Areas of treatment MUST be shaved the night before or the morning of treatment.
- No waxing, tweezing, bleaching, or depilatories between treatments. If you remove the root of the hair, there is nothing for the laser to detect. Bleaching or using Nair can cause burning.
- Do not wear makeup, deodorant perfume, or powder on areas to be treated during the appointment.
- Avoid applying any irritants to your face, such as any products containing hydroquinone, bleaching creams, masks, exfoliants, Retin-A, Retinol, Benzoyl peroxide, Glycolic/Salicylic acids, Astringents, Chemical Peels, and the use of Nair for at least 5 days prior to your treatment.
- No Botox, Collagen, or other Dermal Filler injections on the area to be treated - 1 week before or after treatment.
- If you have a history of herpes outbreaks in treatment, you should consult your primary care physician for medical evaluation and possible.

Post-Treatment Instructions:

- Treat the area gently. Avoid rubbing, scratching, or picking at the treated areas.
- Avoid very hot showers or baths, soaking in a hot tub, or swimming in a chlorinated pool as it may irritate the skin. Pat the skin dry after bathing or showering.
- Avoid direct sun exposure (natural and artificial) for 5-7 days following each treatment. Tanning beds and tanning creams should also be avoided between treatments. Use a sunblock with an SPF of 30 or greater for the face and body to provide protection between treatments.
- Makeup can be worn post-treatment. We recommend Elta MD tinted SPF as a base as it is calming to the skin and delivers a physical block for sun exposure and has anti-aging properties.
- If dryness occurs, apply a thin layer of aloe vera to the treated area several times a day until evidence of dryness has dissipated.
- If the skin is irritated or blistered following treatment avoid the use of exfoliants, loofa sponges, or aggressive scrubbing during the healing phase, and be especially careful if any peeling is present.
- Avoid shaving with a razor for the first 2-3 days after treatment.



LIFESTYLE & AESTHETIC MEDICINE

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WHAT TO EXPECT POST TREATMENT

LASER HAIR REMOVAL

- The hair will not fall out tonight. The hair exfoliation can take up to 2-4 weeks after each treatment to shed. You can help this process along with the gentle use of a washcloth or loofa sponge 4-5 days after treatment.
- 6-12 sessions approximately 6-8 weeks apart are recommended.
- Immediately following laser treatment, you may experience small bumps, redness, and/or minor swelling of the skin, similar to a mild sunburn (Perifollicular Edema). These normal tissue effects are temporary and will usually disappear over the next 24 hours. A soothing aloe vera gel or cold packs may be used to ease any discomfort. Acetaminophen (Tylenol) or Ibuprofen (Advil) may also reduce post-treatment discomfort.
- DO NOT use aspirin or antihistamine (i.e Benadryl). These medications can cause adverse effects such as a slower healing process and skin dryness. Which can void your treatment altogether.
- A small percentage of individuals may experience blistering or peeling of the skin. The peeling is similar to the effects of a sunburn, and it is recommended that the peeling skin not be removed as it may lead to scarring. If the skin blisters, and over the counter antibiotic such as polysporin may be helpful.
- Hair colour, skin colour, age, and hormones all dictate the number of treatments you may require.

The information provided is for educational purposes only. Patients will be given the opportunity to have questions answered during their consultation before the procedure and will be advised of adverse reactions and alternative treatment options. It is the patients responsibility to adhere to pre-prep/post-prep instructions. For more assistance you can call us or visit your nearest Emergency Room for emergency situations.



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