

the Los Feliz MedSpa

2107 Hillhurst Ave | Los Angeles | 90027
(323) 664-0186

www.losfelizmedspa.com

Laser Hair Removal Post/Pre Treatment Instructions

PRE -TREATMENT

- Arrive 10 minutes prior to your scheduled appointment.
- If you choose to apply a topical anesthetic, it must be applied 30 minutes prior to treatment. Apply a thin layer of cream to the area, do not rub in.
- Before every treatment shave the area being treated closely. If you are unable to shave the area yourself, please let us know when making your appointment so we can schedule your time accordingly.
- Do not wax, pluck, bleach, or have electrolysis to the hair for one month prior to treatment. The hair follicle needs to be present for effective treatment.
- No Accutane use for 6 months prior to treatment
- Do not tan the areas being treated for 4 weeks prior to treatment.
- Do not use self-tanning products for 2 weeks prior to treatment.
- Stop all Retin-A, Retinol, Renova, glycolics, bleaching creams and exfoliants 3 to 4 days prior to treatment.
- Do not wear deodorant or makeup on area to be treated.
- If you have a history of cold sores (herpes) and are receiving treatment around the mouth, we recommend that you take Valtrex during your therapy. Please notify if you need a prescription for this condition. If you have a current prescription, Valtrex 500 mg should be taken by mouth twice daily on the day before, the day of, and the day after treatment.

POST TREATMENT

- Do not wax or pluck any hairs between treatment sessions. Shaving and trimming is okay.
- Avoid direct sunlight. Wear sunscreen with SPF 30 or higher. Do not apply makeup to the treated area until all the redness has subsided.
- You may have transient redness, swelling, itching and/or burning sensations for a few minutes up to 48 hours. You may apply aloe vera, hydrocortisone cream 1%, cold compresses or antibiotic cream if needed.
- Avoid soaking for 24 to 48 hours. No hot tubs, whirlpools or baths, but showers are okay.
- Avoid excessive sweating for 24 to 48 hours. No saunas or vigorous working out.
- Avoid irritants, such as Retin-A, Retinol, Renova, glycolics, bleaching creams and exfoliants for one week.
- Do not manipulate the skin on the treated areas. If crusting or scabbing develops, allow it to fall off on its own so not to damage the skin beneath.
- After the treatment (up to 3 weeks) some hair may seem to be re-growing. This is usually the elimination of the hair that remained under the skin and is not true re-growth. You may exfoliate with a loofah sponge in the shower or with a soft washcloth or towel when you get out of the shower as long as your skin is not sore or irritated.

FOLLOW-UP

- On average, most people will need 4 to 6 treatments spaced 4 to 8 weeks apart.
- Avoid any tanning in between treatments as this increases your risk for burning.