

Horizons



Wellness

## Pre and Post Laser Hair Removal Treatment Instructions

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### Pre Treatment Instructions:

- The treatment area should be shaved 24hrs prior to treatment, including the face. *Failure to shave prior to your appointment may result in treatment delays and/or extra charges to you (so that we can shave you).*
- Discontinue waxing, tweezing, threading, depilatories and electrolysis for at least 3 weeks prior to treatment and throughout treatment.
- Caution is advised to persons with a history of herpes simplex in the treatment area. Those who carry the herpes simplex virus and receive laser treatment on their upper lip, chin, lower cheeks or bikini area may have a “flare-up” of their condition. The risk of this complication can be reduced if you take a prescribed antiviral medication for a few days before and after each treatment. If you have an active herpes outbreak, your appointment will have to be rescheduled.

### Post Treatment Care:

- The treatment area is very delicate and should be treated gently. It is common to experience immediate swelling and redness at the treatment site.
- Avoid direct sun exposure to treated areas for at least one week post treatment and all signs of redness and irritation has subsided. Always wear a sunscreen with an SPF of 30 or greater that blocks both UVA and UVB rays. Completely cover any areas that have a crust present.
- Avoid any trauma to treatment area such as scratching, picking or rubbing.
- Avoid pools, hot tubs, Jacuzzis, saunas and steam rooms for 3 days.
- Avoid any deep exfoliation treatments or creams containing a chemical exfoliator for two weeks pre and post treatment, such as microdermabrasion, retin-A, or glycolic Acid.
- You may apply cold compresses or ice packs to the treated site to ease discomfort.
- You should apply an antibiotic ointment twice daily to blisters, crusted or irritated skin and call the office immediately.
- You may apply Hydrocortisone cream twice a day for three days as needed for redness, irritation and swelling.
- If you experience any discomfort at the treatment site, you may take a non-aspirin pain reliever.

Please note: During the next three weeks you may notice hair stubble and hair shedding. You may rub a facecloth gently across the skin to speed up the shedding process.

If you have any questions, concerns, or unusual reactions please call **Horizons Wellness at 508-807-0634.**