

It is crucial to the health of your skin and the success of your treatment that these guidelines are followed.

Laser Hair Removal Pre-Procedure Instructions

- **Avoid tanning of any kind for at least 2 weeks prior to treatment.** This includes sun, tanning bed and any form of self-tanning (i.e. lotion sprays and foams). The Alexandrite Laser is specifically attracted to pigment. Sun exposure, resulting in a tan, tanning bed or self-tanning may result in a burn, hyperpigmentation (darkening of the area) or hypopigmentation (loss of pigment). This is typically a temporary reaction, but may take several months for your skin to return to its normal state.
- **Stop bleaching, waxing, tweezing or using any depilatories 3 to 4 weeks prior to treatment and avoid completely during treatment.** You may shave the area.
- **Stop the use of retinol or Retin-A 3 to 5 days prior to your treatment.**
- **Discuss any photosensitive medications you are taking with your technician.**
- **Refrain from laser treatment during the course of antibiotics.** You may resume laser treatments 2 weeks after your very last dosage.
- **Use sunscreen with SPF 30 or higher daily.** Apply 20 minutes prior to sun exposure and reapply every 80 minutes when in the sun. When swimming or sweating, reapply every 40 minutes. This rule applies to pre and post laser treatment.

Laser Hair Removal Post Procedure Instructions

- **Avoid excessive sun exposure in the treated area** 10 to 14 days post laser treatment.
- Shortly after treatment, it is common to experience bumps, redness and swelling (edema and erythema) in the treated area. These symptoms are normal and should subside within 2 hours. Aloe Vera or Post Laser Lotion may be applied to help soothe the treated area after treatment.
- **Keep the area clean, cool and dry.** When bathing within the first 48 hours, you may cleanse the treated area with tepid to cool water and mild or antibacterial soap. Gently pat dry with a clean towel. **Avoid heat and or rubbing** as this can irritate the treated area.
- **Avoid excessive sweating for 48 hours.** Sweating introduces bacteria to the treated hair follicles. This could cause irritation (inflammation / folliculitis) in the area.
- **Avoid exercise, swimming pools and or any activity that could potentially introduce bacteria into the follicles** as this may cause irritation and or infection to the treated area.
- **Avoid tight clothing, scratching, rubbing or scrubbing the area 48 hours after your treatment.** Blisters, oozing and scabs may appear in sensitive areas (i.e. bikini) within one to two days. Do not pick or remove scabs. Topical ointment can be applied (bacitracin or bactroban) to the affected area twice daily. Do not be alarmed, but do feel free to call your technician with any concerns.
- **Some patients may experience a histamine reaction.** If this occurs, you can use Benadryl or hydrocortisone to relieve the itching.
- **You may shave 72 hours after treatment to promote shedding.** The hair that was targeted by the laser will purge from the follicle and this will look as if it is continuing to grow. This is called the Shedding Process and should stop within 10 to 21 days following treatment.

Should you have any questions, please do not hesitate to call 561-255-0272 or email info.renewlaser@gmail.com