

## MILL CREEK SKIN & LASER

# LASER HAIR REMOVAL

## Pre and Post Treatment Instructions

### IMPORTANT:

- Please alert us of any medical conditions you may have and/or any prescribed medications you are taking prior to your treatment.
- **We CANNOT treat you** if you have been tanning, including self-tanners and spray tanning, 4-6 weeks prior to your appointment.
- Results can vary from person to person.

### CONTRAINDICATIONS

---

Laser is contraindicated for those patients who:

- Are pregnant or breastfeeding
- Take anticoagulants (ex. blood thinners; Plavix; Coumadin; and the likes) or immunosuppressants.
- Take medications that alter wound healing response
- Are taking or have taken isotretinoin capsules (Accutane/Sotret, Claravis, Myorisan) within the last six months
- Have seizure disorders triggered by light
- Have Pace maker or defibrillator
- Have a history of skin cancer or exhibit suspicious lesions
- Have received gold therapy

### About Laser Hair Treatment

---

Medicine is not a precise science. Response to medical treatments is individually variable. Laser treatments are currently considered to be the most effective way of achieving long-term hair reduction. *Hair texture, color and skin types will, however, affect the results of laser treatments.*

Clinical experience in using laser machines for hair reduction has indicated that the majority of patients should observe satisfactory results after 6-8 sessions. *Some patients could require more than 8 treatments because of the factors aforementioned.* It is well known that the realistic expectation for African-Americans will be reducing shaving frequency and maintaining periodic treatment, rather than long-term suppression of hair growth as expected in others.

If 12 sessions are to be performed for hair reduction, then the realistic expectation will be reducing shaving frequency and maintaining periodic treatment until newer technology becomes available. It is possible that some individuals may require spot treatments later after completion of current sessions.

### Pre-Treatment Instructions

---

- Limit any alcohol and caffeine consumption for 3 days before and after treatments.
- Avoid non-steroid, anti-inflammatory medicines (Motrin, Aspirin, or Aleve) 3-7 days before treatment.
- Stop Retin-A or retinoid products 5 to 7 days prior to treatment.
- Avoid as much sun exposure as possible and if in the sun, wear a hat. A minimum SPF 30 or greater (UVA/UVB) should be used for any sun exposure during your treatments prior to going outside. Sun block is preferred to sunscreen.
  - *We cannot treat sun tanned or self tanner/spray tanned skin. Laser will not be as affective.*
  - *Must wait 4-6 weeks until tan coloring fades.*
- No tweezing, waxing or depilatories should be used 3 weeks prior to treatments.
- Shave the area that is going to be treated the night prior to treatment.
- Makeup, lotion, perfume and deodorants must be thoroughly removed prior to treatment.

### Post-Treatment Instructions

---

- Keep treated areas clean with mild soap and water, allow to air dry. Wash with cool water and avoid hot water for 48 hours (e.g., hot baths, hot tubs).
- Avoid shaving, tanning or sun exposure to treated areas for 72 hrs after treatment or until any sign of irritation has vanished. If friction from clothes occurs, cover as needed with clean gauze bandage.
- You may apply Cold Packs or Aloe Vera post treatment up to 4 times daily for a soothing cooling effect.
- Avoid direct sunlight to the affected area while experiencing these symptoms
- If you experience redness or swelling after treatment, apply the following as needed:
  - Hydrocortisone 1% and  Biafine up to twice daily
- You may take anti-inflammatory medicines (e.g., Motrin, Aspirin, or Aleve) as directed after laser treatment.  
**DO NOT TAKE ANTI-INFLAMMATORY MEDICINES IF YOU HAVE A HISTORY OF STOMACH ULCER OR UPSET STOMACH. Instead take Tylenol as directed.**
- If the skin is broken or if a blister appears, apply antibiotic ointment/cream (e.g., Neosporin) as directed and contact us. Clear or pink drainage after the blister pops is normal.
- Makeup can be applied as long as the skin is **NOT** broken.
- Patients will notice hairs working up out of the follicle. This is the shedding process that will take place after the laser treatment, and may last more than two weeks. You may shave the area until the hairs have been shed.
- Call 425.316.8200 if you have any questions or concerns.
- **PLEASE NOTE: Protective eyewear is necessary during the treatment. Please ensure that you return the eyewear upon completion of your treatment.**

\_\_\_\_\_  
Patient Name (Print)

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Guardian Name (Print)

\_\_\_\_\_  
Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Relationship