

Laser Hair Removal Treatment Instructions

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.
- 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 2 - 3 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 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 one of the following as needed:
 - [] Hydrocortisone 1% or [] TNS up to 4 times daily; or [] Biafine up to twice daily
- You may take anti-inflammatory medicines (e.g., Motrin, Aspirin, or Aleve) as directed.
DO NOT TAKE THESE 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.
- Clients 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) – if applicable

Guardian Signature

Relationship

Date

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