

Laser Hair Removal

What to expect before, during and after your procedure

Before your procedure:

- Avoid waxing, plucking, tweezing, and threading for 4 weeks prior to treatment.
- No sun tanning, self-tanner, or spray tanning 4 weeks prior to treatment.
- The treatment area must be clean-shaven.
- Remove all makeup and/or lotions.

During your procedure:

- Topical numbing cream is optional. If you wish to utilize topical numbing, please inform us when you schedule your appointment, and you will be instructed on what time to arrive for application prior to treatment.
- Cold air or cryogen spray will be utilized during treatment for your comfort.

After your procedure:

- It is normal to feel a sensation of heat for a few minutes after treatment.
- It is normal to have mild to moderate redness for 4-6 hours after treatment. You can use over the counter hydrocortisone cream twice daily to the treated area to alleviate these symptoms.
- You may develop darkening/superficial crusting of brown spots for a few days after treatment.
- **DO NOT RUB, PICK OR WIPE THE TREATMENT AREA.**
- You can wear deodorant immediately after treatment.
- You can wear makeup immediately after treatment.
- Apply sunscreen with Zinc Oxide and/or Titanium Dioxide daily. Protect treated area from the sun (hat, sunglasses, sunscreen, etc.). Reapply sunscreen every 2 hours.
- Multiple treatments are necessary.

Please contact our office if you have any questions or concerns at (858)657-1002.

Additional notes/instructions:

Physician: _____ Assistant: _____ Date: _____