

# Post Care

## LASER HAIR REDUCTION AND PHOTOFACIALS

### Pre:

- ▶ Avoid the sun for 4-6 weeks before and after the treatment
- ▶ Avoid electrolysis, plucking, and/or waxing for 6 weeks prior to treatment
- ▶ If you have a history of herpes, prophylactic antiviral therapy must be started the day before treatment and continued one week after treatment.
- ▶ The use of tanning creams, tanning beds, or bronzers must be discontinued before and during treatments.

### Post:

- ▶ Immediately after treatment there may be erythema (redness) and edema (swelling) at the treatment site. This usually lasts 2 hours or longer. The erythema may last up to 10 days. The treatment area may feel like a sunburn for a few hours after the treatment, but it will subside.
- ▶ Apply ice as needed.
- ▶ Hydrocortisone may be used for 3 – 5 days post treatment.
- ▶ No heat, such as saunas, steam rooms, Jacuzzis, extremely hot showers, or strenuous activities. No prolonged heat for a minimum of 48 hours post treatment.
- ▶ Avoid sun exposure to avoid hypo-pigmentation and hyper-pigmentation.
- ▶ Avoid picking or scratching the treated areas. Please do not use any hair removal products or similar treatments (i.e. electrolysis, plucking, and/or waxing). Those will disturb the hair follicle. Shaving is permitted.
- ▶ Up to 2 weeks post treatment you will notice shedding of the treated hair. This is not new growth. You can clean and remove the hair by washing or wiping the area with a wet cloth.
- ▶ Treat your skin gently for at least 24 hours after your treatment.

I have read and understand the pre and post treatment instructions.

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_ Date: \_\_\_\_\_

Provider Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_ Date: \_\_\_\_\_