

# *Bradley J. Abrams, D. O.*

DERMATOLOGY AND DERMATOLOGIC SURGERY  
BOARD CERTIFIED



## **Laser Hair Removal - Pre and Post-Procedure Information Sheet**

### **Before each treatment:**

- Avoid tanning, and tanning beds, and self-tanning lotions 6 weeks prior to treatment
- Do not wax, have electrolysis, or use depilatory cream 6 weeks before treatment. You may shave the affected area up to the day before the treatment. It is good to have a little stubble showing the day of the treatment so that we can properly identify the area to be treated.
- Depending on the area to be treated, we may suggest that you use a local anesthetic ointment to help desensitize the area during the treatment. We may provide this for you at the office or provide you with a prescription. If we give you a prescription, the instructions will be provided on the label.

### **After each treatment:**

The treated areas may be tender, slightly red and swollen. This reaction usually disappears within a few hours.

- Continue to apply ice packs or witch hazel until redness and swelling are reduced. If redness continues, you may use an over-the-counter hydrocortisone cream. If you experience itching, an antihistamine such as Benadryl may be taken orally as directed for 1-3 days as required. If you have any open sores, you should use an antibiotic ointment such as Bacitracin to keep the areas moist and to help prevent infection.
- You can use a soft loofah sponge 4 days after each treatment to help slough off the dead hair and skin cells.
- Stubble representing the dead hair being shed from the hair follicle will appear for up to 1-3 weeks post treatment. It is recommended that you do not shave for two weeks following a treatment. Shaving may cause inflammation of the follicles. The hair may be trimmed with scissors if necessary.
- Avoid make-up until the site has healed.
- When taking a shower, use cool to warm water. Avoid hot water and wash with a mild soap to avoid further skin irritation.
- Do not expose the treated area to direct sunlight if possible between treatments. Use sunscreen if the area is not covered by clothing.
- If the treated area develops epidermal (brown) crusting, do not pick the area. Allow the area to heal naturally. You can apply Aquaphor ointment to help aid in the healing. Rarely, blisters may develop. If this occurs, use the Bacitracin ointment as mentioned above.

For optimum results, it is imperative that you keep all of your appointments. Your treatment schedule has a direct effect on the final results and the ability to produce permanent hair reduction.

*Please do not hesitate to call our office if you have any questions or concerns regarding this treatment.*