

SOUTHWEST CONTEMPORARY WOMEN'S CARE, P.C.
Recommended Pre & Post Care for Laser Hair Reduction Treatments
For best results please follow these instructions.

Before your treatment:

- Hair should be cleanly shaven.
 - Leave a representative sample unshaven for your laser technician to assess.
- Do not wear makeup on the treated area the day of treatment.
- No sun-tanning or self-tanners 4 weeks prior to treatment.
 - Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Some medications or supplements may increase the risk bruising. Consult with your physician.
- No waxing, plucking or tweezing at least 4 weeks prior to treatment.
 - Some body parts may require a longer wait time.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (depilatories, harsh chemicals, chemical peels, etc.).
- Notify your laser technician of any changes to your health history or medications since your last appointment.
- History of herpes or cold sores may require an anti-viral prescription prior to treatment.

After your treatment:

- Avoid sun exposure and use a broad-spectrum (UVA/UVB) sunscreen to minimize the risk of hyperpigmentation of the treated areas.
- Redness and perifollicular edema (looks like a rash/bug bites) are common and resolve with time.
- Bruising and swelling are less common but may occur and will resolve with time.
- Hair may take up to 2 weeks to fall out.
- Avoid heat – intense sun, hot tubs, saunas, etc. for 1-2 days.
- Avoid skin irritants (examples below) for a few days after treatment.
 - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
- Do not wax or pluck between treatments.
- Notify SWCWC immediately of any concerns (blistering, excessive redness/swelling, etc.).
- Hair removal requires a series of treatments. The number of treatments depends on body location and type of hair.
- Consult with your laser technician about when to resume your regular skin care regime.

You should not have laser treatment at this time if: you are pregnant, you are being treated for skin cancer, or you have an active herpes outbreak or cold sore near the treatment area.

You should advise your technician and discuss whether laser treatment is appropriate at this time if:

- You are taking photosensitizing medication (such as tetracycline, certain antibiotics, etc.)
- You are taking anticoagulant medication or supplements, because it may increase your risk of purpura or bruising
- You have a history of coagulopathies
- You have a history of keloids or hypertrophic scarring
- You have diabetes, because it may impede healing
- You have a history of herpes, because anti-viral medication is recommended
- You are using isotretinoin (Accutane or Roaccutane)
- You have a history of vitiligo.

• Additional instructions: _____

