

LASER HAIR REDUCTION

4 WEEKS BEFORE LASER TREATMENT

Do not wax, tweeze, or perform electrolysis to areas to be treated for at least 4 weeks before laser treatment. Shaving and depilatory creams may be used.

Do not suntan! Any degree of suntan will make the laser treatment less effective and increase your chances of having adverse effects such as blisters, loss (hypopigmentation) or increase (hyperpigmentation) in skin pigment and/or scars. It is absolutely necessary that you protect the area with a sunscreen that blocks UVA and UVB rays (SPF 30+) before going outside. Sunless tanning products may be used up to 1 week before your treatment. If you have used these products, thoroughly cleanse the area with an exfoliating scrub to remove all product prior to your treatment.

1 WEEK BEFORE LASER TREATMENT

Stop using sunless tanning products 1 week before your laser treatment. Please scrub area twice the day before your treatment to ensure that all sunless product is removed.

Avoid irritants to your skin (hydroquinone, bleaching creams, retinoic acid/retinol, benzoyl peroxide, glycolic/salicylic acids, chemical peels, astringents, vitamin C, "Nair" type products etc) 1 week prior to your treatment area.

Please inform us if you are taking any new antibiotics ("tetracyclines"). Certain medications can make you more photosensitive and we may not be able to treat you until 2 weeks after completion of the antibiotic.

ONE DAY BEFORE LASER TREATMENT

Individuals with a history of herpes simplex ("cold sores" or genital herpes) should start taking oral anti-viral medications if the upper lip, chin, or bikini area will be treated. Please call our office so that we can call in a prescription for you (847) 719-2200.

If you have an active cold sore/herpes in your treatment area, please call our office to reschedule your appointment.

DAY OF LASER TREATMENT

Areas to be treated should be clean. Makeup, deodorant, moisturizers, lotions, perfumes should be removed with soap or alcohol before treatment.

If you have already completed your consultation/evaluation, shave the area to be treated either the night before or the morning of your treatment. If you fail to shave prior to your appointment and our staff is obligated to do so, there will be a \$25-\$50 fee depending on size of area to shaved.

If you have not been evaluated prior to your first treatment date, please do not shave so that we can determine color, amount, location & density of your hair. You will not be charged if we need to assist in shaving.

Numbing (anesthetic) cream, if recommended, should be applied (thin layer) 1 hour before treatment as directed. An occlusive covering (saran wrap) may be necessary. Anesthetic cream (\$40/tube).

POST CARE

The treated area is very delicate and should be treated gently. Many patients develop immediate redness and swelling of the treated area which feels like a sunburn. Occasionally, blisters and crusts may form.

Cold compress (e.g. ice packs) applied immediately after treatment may reduce pain and minimize swelling. Aloe Vera gel may be applied immediately after your treatment to soothe the skin.

Wash the treated area with mild soap (Dove, Basis), or Cetaphil twice daily. If blistering occurs, a topical antibiotic ointment (e.g. Bacitracin or Polysporin) applied twice daily is helpful. A bandage is not required, however, applying a 'non-stick' bandage (e.g. Telfa) or a band-aid may help protect a particular area from being irritated by clothing or jewelry.

Avoid irritants to your skin (retinoic acid/retinol, benzoyl peroxide, hydroquinone, glycolic/salicylic acid, astringents, vitamin C, "nair" type products etc) for 2 days after your treatment. If skin is irritated, avoid hot showers, hot tubs, saunas, exercise, massage or tight clothing until irritation subsides.

If crusts or scabs develop, be careful not to scratch or pick the treated area. Allow them to fall off on their own.

Analgesics such as acetaminophen (Tylenol) or ibuprofen (Motrin) may be taken if necessary to reduce discomfort. Additional application of ice or cool compresses in the first 24-36 hours may also be helpful.

Make-up may be applied anytime after treatment.

Sometimes, black stubs may appear on the treated area. These are destroyed hairs being shed. They will fall off during the first or second week after treatment. This is not a sign of re-growth.

Any degree of suntan will make the laser treatment less effective and increase your chance of having adverse effects such as loss (hypopigmentation) or increase (hyperpigmentation) in skin color, blisters and/or scarring. It is absolutely necessary that you protect the area with sunblock that blocks UVA and UVB rays (SPF 30+) when going outdoors (especially if you require future treatments).

Sunless tanning creams or sprays may be applied anytime after treatment. However, do not apply sunless tanning creams/sprays 1 week prior to your next treatment. Please scrub area to be treated twice the day before your treatment if you used these products 1 week ago.

Waxing or tweezing of hair should not be performed during the course of laser treatment. Shaving or depilatories are allowed during your treatment.