



Laser Hair Reduction—Pre/Post Treatment Instructions

Pre Treatment:

- **Please shave the area to be treated on the day of your treatment.**
- Shaving is permitted during the course of your treatment. DO NOT wax, tweeze, or do electrolysis to treated areas during the entire course of your laser treatment. Do not use hair removal cream. It will prevent you from achieving your best results.
- Avoid sun exposure and/or tanning lamps to the area to be treated in order to achieve best results.

Post Treatment:

- Immediately after treatment, there will be erythema (redness) and follicular edema (swelling) at the treatment site which may last up to 2 hours or longer. It is normal for the treated area to feel like a sunburn. The application of ice or a cold compress will reduce the discomfort and swelling. You may also use an oral, non-steroidal anti-inflammatory, such as Ibuprofen or Advil if you have discomfort.
- Makeup may be used after the treatment unless there is blistering. If there is blistering, please notify our office.
- Avoid sun exposure and/or tanning lamps on the treated area. Apply a sunscreen, SPF 30 or greater, at all times throughout the course of the treatment.
- Treated areas may be temperature-sensitive. Cool showers or baths will offer relief. Avoid the use of harsh products: exfoliants, glycolic acids, loofahs, sponges, etc. until the area of treatment has returned to its pre-treatment condition.
- In some cases, prolonged redness, blistering, or crusting may occur. Do not pick, scratch, or remove scabs from the healing areas. We recommend applying SkinMedica's Recovery Gel or an antibiotic ointment to affected area twice a day until healed.
- Appearance of hair growth or stubble will continue for 7-14 days post treatment. These are the treated hairs being expelled from the skin.

If you have any questions or concerns, please call our office at (215) 862-6100 or during off hours, call Dr. Espinoza's cell at (908) 303-5694. You can also email us at team@lachelemedspa.com