

Laser Hair Removal Information

What to expect:

- A mild sunburn-like sensation that typically lasts up to 5 hours.
- Minor redness and swelling at the treatment site especially around the treated hairs which may last up to 4 days.
- Hairs will continue to fall out for approximately 2 weeks.
- After the treatment some dead hairs may remain in the follicle for up to 3 weeks. Gentle washing and exfoliation is safe once the redness of the skin has resolved and will facilitate the removal of these remaining hairs.
- In rare cases a blister or crust may form in the area treated. Lightening or darkening of the treated skin may occur and are usually temporary.
- Permanent scarring from laser assisted hair removal is rare; less than 1%, but it is possible.

What you should do before/after:

- Discontinue using any products containing alpha-hydroxy acids and any tretinoin products such as: Atralin, Differin, Epiduo, Renova, Retina A, Tazorac, Veltin, Ziana 3 days prior to treatments. You may resume 1 week after treatment as long as area has responded well to treatment.
- No waxing, plucking or threading 10 days prior to your treatment.
- Shave the area to be treated 3 days prior to your appointment.
- If you are hyper-sensitive to pain, ask about topical anesthetic cream.
- Arrive 30 minutes prior to your treatment for prepping.
- Very gentle cleansing with soap and water daily.
- Moisturize with a gentle moisturizer such as Cetaphil lotion at least twice per day.
- Discontinue the use of exfoliators, scrubs, retinols, tretinoin products such as: Atralin, Differin, Epiduo, Renova, Retina A, Tazorac, Veltin, Ziana, acid-based products (alpha hydroxy acids, glycolic acids, salicylic acids, and lactic acids) in treated areas 3 days prior to and 1 week after treatment.
- If you have significant discomfort and redness in the area you may use cool compresses intermittently or use anti-inflammatory cream 3 times per day.
- If a blister or crust forms, **do not pick it**, avoid direct sun exposure to the area, and apply a topical over-the-counter antibiotic ointment or Aquaphor ointment twice per day (ie. Bacitracin, Polysporin, Triple Antibiotic Ointment).
- Avoid sunlight in the treatment area. It is recommended to keep your skin as pale as possible. Avoid tanning 4 weeks prior to and 4 weeks after your treatment. Tanned skin can be treated but treatments are not as effective and side effects may occur. We do not recommend treating tanned skin.
- Apply sunscreen of at least SPF 30 regularly if you must be out in sun. Cover the area if possible.

When to return:

- Treatments are generally given once per month on the face and once every 2 months on the body. If you notice hair returning sooner, it is to your advantage to return earlier for your treatment.
- To obtain permanent hair reduction, 3 to 5 treatments are generally required. The exact number of treatments is difficult to predict. Each successive treatment will continue to reduce more hair and bring you closer to your goal.
- Some people are slow hair growers and can take longer breaks between treatments; nevertheless, waiting longer than 3 months may reduce the effectiveness of your treatment.

*If you have any questions, please do not hesitate to call:
212-675-0549*

