

Laser Hair Removal Instructions

Prior to Procedure:

1. Avoid sun tanning and tanning beds for 2 weeks before treatment.
2. Avoid spray tanning one week prior to treatment.
3. Shave the entire area that is being treated the day of your treatment.
4. Do not tweeze, wax or use electrolysis prior to treatment. If this is done prior to treatment, the laser will not be able to find the hair follicles.
5. If you have a history of cold sores or herpes, antiviral therapy may be started prior to treatment and continued for one week after treatment. **However, we can not treat an area with an active fever blister.**
6. Must be off Accutane for 6 months before treatment.
7. Avoid Retin A, glycolics and any skin irritants for 3 days prior to treatment.

Post Treatment:

1. You may feel and look sunburned. Use cool compresses as needed.
2. Appearance of hair growth will continue for 7 to 30 days post treatment. This is not new hair growth, but the treated hair being expelled from the skin.
3. Do not tweeze, wax or use electrolysis between treatments. You may shave or trim the area, but do NOT pull the hair out.
4. You may experience peri-follicular edema, which feels/looks, like razor burn. This is normal. Cool packs may be applied.
5. If a burn or blister develops, begin applying Polysporin and notify us.
6. Do not expose the treated area to sun or tanning beds for 7 days.
7. Do not use Retin A or glycolics for 3 days after treatment.

**If you have any questions, please call
The Martin Center at 251-344-7474.**