



Pre and Post Treatment Care Laser Hair Removal

Pre-treatment Precautions and Information:

- Avoid tanning 3 weeks before treatment to help prevent permanent skin discoloration and/or scarring. Avoid long periods of sun exposure, tanning beds and tanning/ bronzing creams. **We will not perform your laser treatment if you have a suntan, or have used self-tanning creams/ bronzers because of the likelihood of hyperpigmentation or hypopigmentation**
- Daily use of a sunscreen (SPF 30 or greater) is required to protect the skin from additional pigment changes caused by sun exposure. Your provider can assist you with a recommendation.
- Shaving beforehand is not necessary for most treatment areas. **Except** for men with thick beards or if you are having the labia or scrotum treated.
- For more effective laser treatments immediately refrain from tweezing, waxing or using depilatories on the treatment area. Shaving or clipping are better alternatives since they do not disrupt the hair growth cycle.
- If you develop a cold sore, please reschedule your appointment. Treatments cannot resume until the area is completely healed.

Post-treatment Precautions and Instructions:

- Immediately after your treatment, there will be erythema (redness) and follicular edema (swelling) at the treatment site. These expected side effects may last up to 2 hours or up to 2-3 days in some cases. The treated area will feel like sunburn for a few hours. If needed, use a cold compress to reduce discomfort and swelling.
- Makeup may be used immediately after the treatment. Always apply a moisturizer and then sunscreen before applying makeup.
- Moisturize the treated area(s) frequently and freely; this helps the dead hair exfoliate from the follicle. **Avoid moisturizers with alpha or beta hydroxy acids.**
- **To prevent scarring, avoid picking or scratching the treated skin.**
- **Do not wax, tweeze or use depilatories on the treatment area. This will disturb the hair follicle and prevent you from achieving your desired results. Shaving or clipping is fine.**
- **Avoid direct sun exposure to the treatment site for 1-2 days after treatment.** Apply a daily sunscreen SPF 30+ throughout the course of your treatments. Your provider can assist you with a recommendation.
- Anywhere **from 5-30 days after treatment**, shedding of the hair occurs. While this may appear as new hair growth, it is actually the remaining portion of the hair that has or is working its way to the surface of the skin. Taking a hot shower and rubbing the treatment area with a washcloth or loofa sponge will help exfoliate this dead hair. Your provider can assist you with further recommendations.

Please call **Harmony Skin and Wellness Clinic** at 970-282-8266 if you have any questions or concerns regarding your treatment.