



# DR. NORKIEWICZ

GENERAL SURGERY & LASER TREATMENT CENTER of LUBBOCK

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## LASER HAIR REMOVAL PRE/ POST TREATMENT CARE

### Pre treatment Instructions:

- The area to be treated should not be exposed to the sun or tanning bed for 4-6 weeks before treatment. Apply SPF30 sun block on all treatment areas exposed to the sun. Treatment of tanned skin can cause blistering and hypopigmentation (white spots) that can last for months.
- If you use tanning cream, do not apply to treatment areas for at least 10 days prior to treatment.
- Tell us if you have taken Accutane in the past six months or are planning to begin taking Accutane.
- Please inform us of any change in your medical history since your last visit.
- Do not shave the area to be treated within 48 hours prior to treatment. We need to see the area of hair growth for the treatment to be effective.
- Long hair needs to be trimmed, as this decreases the effectiveness of the treatment.
- Call us 48 hours prior to your next appointment if no hair re-growth has occurred in the area to be treated. We schedule treatments 4-6 weeks apart, but different people, and different areas on the same person, grow hair at different rates.
- Do not wax or tweeze for four weeks prior to treatment.
- Do not use Retin-A or glycolics for three days prior to treatment.
- Do not use hair removal lotions or hair bleach for 4 weeks prior to treatment.
- Do not use tetracyclines, Zithromax, Z-pack, or St. John's Wort for 7 days prior to treatment.
- Do not use creams, lotions, makeup, perfume, or deodorant on or near the treatment area on the day of treatment.

### Post treatment Instructions:

- Ice, ice water, or a cold compress may be applied immediately after the procedure. This will help reduce redness and swelling.
- Aloe Vera gel will be applied after the procedure, and may be applied at home after treatments. This should be applied 3-4 times per day for 3-4 days.
- After your treatment you may expect a mild sunburn sensation that typically lasts 2-3 hours and redness and swelling that may last 2 to 4 days.
- Avoid picking or scratching the treated skin. If blistering occurs, use Neosporin ointment twice daily.
- If the underarm was treated, do not use deodorant for 24 hours.
- Approximately 7-14 days after laser treatment, the treated hair will emerge, and fall out. This is not the return of unwanted hair. Re-growth from surviving follicles takes several weeks.
- Treatment area should be washed in warm water with mild soap twice a day. Do not bathe, or wash in hot water for one week after treatments.
- Do not expose the treated area to sun or tanning for one week after treatments.
- Do not use Retin-A, benzoyl peroxide, alpha-hydroxy, Vitamin C products, astringents, or glycolics for 5 days after treatments. Do not exfoliate the treated area for a week following treatments.
- Apply SPF30 sun block on all treated areas that may be exposed to the sun.
- Makeup may be used immediately after the procedure, unless there is blistering. It is recommended to use NEW makeup to reduce the possibility of infection.