



## Laser Hair Removal Instructions

Clear MedSpa  
202 Rock Creek Parkway  
Fairhope, AL 36532

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### Pre Treatment Instructions

1. Avoid the sun and tanning bed for 6 weeks prior to and after treatments.
2. You **MUST** avoid bleaching, waxing, plucking, or tweezing hair for 6 weeks prior to treatments. No depletory creams (Nair) for 4 weeks prior to treatments. (Hair shaft must be in the follicle for treatment). Shaving/trimming is acceptable.
3. If you are tan or have darker skin type, a bleaching regimen may be started 2-4 weeks before treatment. **TAN SKIN CANNOT BE TREATED WITH THE ALEXANDRITE LASER!** If treated, you may develop hypopigmentation which may last 3-6 months or be permanent.
4. Artificial tanning products must be discontinued which may last 3-6 months or be permanent.
5. Shave the entire treatment area 1 day prior to treatment.
6. You may apply numbing cream 1 hour before the treatment to reduce discomfort.
7. If you have a history of cold sores or herpes, prophylactic antiviral therapy may be started prior to treatment.
8. Must be off Accutane and Gold Therapy 6 months before starting laser treatment.
9. Avoid irritants (Retin-A, glycolics, etc.) for 7 days before and after treatments.

### During Treatment Instructions

1. Protective eyewear is worn by the patient during the procedure.
2. If the bikini area is to be treated, wear white underwear for the procedure.

### Post Treatment Instructions

1. Immediately after treatment there may be some redness and swelling at the treatment site. This usually lasts for 2-3 hours and feels like a sunburn. The application of ice and/or aloe gel with lidocaine during the first few hours after treatment may reduce the discomfort and swelling.
2. No special skin care is necessary. Steroid creams or antibiotic ointments may be used for 2-3 days after treatments. For itching or discomfort apply Aquaphor or Hydrocortisone 1% cream over the area as often as desired. Tylenol may be used if desired.
3. Makeup may be used immediately unless there is blistering. Use new makeup to avoid infection.
4. If blistering or crusting should occur **DO NOT PICK, SCRATCH, or RUB** the area, apply polysporin antibiotic ointment and keep moist. For best cosmetic results, let it heal naturally.
5. Approximately 7-14 days after treatment, the treated hair will emerge, and fall out. This is normal. During this time it will appear that the hair is "growing". This is not new hair growth. These hairs can be removed by gently wiping or washing with a wet cloth or loofa sponge.
6. Avoid sun exposure/tanning beds to reduce the change of hyperpigmentation. Use a total sunblock on treatment area at all times throughout the entire course of the treatment.
7. Avoid hot water on the treated area until irritation or sensitivity subsides.
8. Call for an appointment at the first sign of re-growth of the unwanted hair. This is the best time for retreatment. Otherwise, your return appointment is scheduled between 6-10 weeks. Hair regrowth should become finer and lighter after each treatment.
9. Remember **NOT** to use any form of hair removal between treatments. Shaving is acceptable.