

## Pre/Post Laser Hair Removal

### Before Treatment

1. Do not tweeze, wax, use a depilatory or undergo electrolysis for 4 weeks prior to laser treatment. It is okay to shave or cut the hair with small cuticle scissors at the skin surface if desired.
2. Do not tan the areas to be treated for 4 weeks prior to treatment. Wear SPF 30 or higher sunscreen on the areas if you are exposed to the sun. **Complications from the laser are greatly increased if your skin is tanned.**
3. Self-tanners can interfere with the laser. Avoid them for 2 weeks before treatment to the area to be treated.
4. Stop retinoids (Retin-A, Atralin, Tazorac, Differin, Epiduo, Ziana, Veltin, Refissa, Renova, and over-the-counter Retinol) 5 days before treatment on the face.
5. Shave the area before the treatment, either the day of treatment or the day before. Hair present above the skin surface can cause small burns. **We may ask you to reschedule your treatment if you have not shaved.**
6. Dr. Black will sometimes recommend a test site before proceeding with treatments. We can proceed with treatment 3-7 days later as long as the test site does well.
7. If the upper lip or chin is treated and you have had fever blisters, Dr. Black may prescribe a preventive antiviral medication to take for each laser session.
8. If you have taken Accutane, let Dr. Black know and she will determine the safest time to start laser treatment. This is typically 3 months after completing Accutane.

### After Treatment

1. Mild redness, dryness, itching, or swelling may be present after treatment and should resolve within 4 days.
2. Avoid abrasive scrubs, retinoids and glycolic acid products to the treated area for one week after treatment.
3. Laser-treated skin can be more sun-sensitive for a few days to weeks. Apply SPF 30 or higher sunscreen to the treated areas daily if they are exposed.