



## Pre/Post Care for Laser Hair Reduction and Photofacials

### PRE: (photofacial and hair reduction)

- Avoid the sun for 4-6 weeks before and after the treatment
- If having hair reduction, avoid electrolysis, plucking, and/or waxing for 6 weeks prior to treatment and during treatment.
- If you have a history of herpes or cold sores, prophylactic antiviral therapy must be started the day before treatment and continued for one week after treatment.
- The use of tanning creams, tanning beds, or bronzers must be discontinued before and during treatments.
- Shave the treatment area if getting hair reduction before your procedure.
- You must wait two weeks for your IPL treatment if you have had botox and/or fillers in the treatment area.
- If you are having photofacial, avoid retin-a, tretinoin for two weeks prior and during your treatment period.
- **FOR ANY LIGHT BASED TREATMENT YOU CANNOT TAKE ACCUTANE, ANTICOAGULANTS, OR ST. JOHNS WORT WITHIN 6 MONTHS OF YOUR TREATMENT.**

### POST: (photofacial and hair reduction)

- Immediately after treatment there may be erythema (redness) and edema (swelling) at the treatment site. This usually lasts 2 hours or longer. The erythema may last up to 10 days. The treatment area may feel like a sunburn for a few hours after the treatment, but it will subside.
- Apply ice as needed.
- Hydrocortisone cream may be used for 3-5 days post treatment.
- No heat, such as saunas, steam rooms, Jacuzzis, extremely hot showers, or strenuous activities for 24 hours. No prolonged heat for a minimum of 48 hours post treatment.
- Avoid sun exposure to avoid hypo-pigmentation and hyper-pigmentation.
- Treat your skin gently for at least 24 hours after your treatment.

### HAIR REMOVAL ONLY:

- Please do not use any hair removal products or similar treatments (i.e. electrolysis, plucking, waxing). They will disturb the hair follicle and make your treatments less effective. Shaving is permitted.
- Appearance of hair growth and/or stubble may continue for 7-30 days post treatment. This is not new growth but treated hairs being expelled from the skin.



**PHOTOFACIAL/LESIONS:**

- Avoid picking or scratching the treated areas.
- The lesion will gradually turn darker over the next 24-48 hours. It will progress to scab/crusting in appearance. The lesion will flake off in 7-21 days.

**I have read and understand pre and post treatment instructions.**

Client Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Provider Signature: \_\_\_\_\_

Date: \_\_\_\_\_