

Seacoast Rejuvenation Center

Laser Hair Removal

PRE-TREATMENT CONSIDERATIONS

- Shave hair on the day you will be treated.
- Do not expose the area to be treated to the sun, self-tanning lotions or a tanning bed for the four weeks prior to your treatment and for the duration of your treatments. The sun block should contain either titanium oxide or zinc oxide.
- Do not wax, tweeze or use depilatories or electrolysis on the area to be treated for at least six weeks prior to your consultation and during the treatment series.
- Hair cannot be white or bleached
- **DO NOT** use Retin-A, Renova, or Retin A microgel on the area to be treated.
- Individuals with a history of cold sores (herpes simplex) should start taking oral anti-viral medication one day before treatment if the upper lip or chin will be treated.
- Areas to be treated should be clean. Make-up and moisturizers should be removed before treatment.

POST TREATMENT CARE

You have been treated with the diode (LightSheer™) laser. The treated area is very delicate and should be treated gently. Many patients develop immediate redness and swelling of the treated area which feels like a sunburn. Occasionally, blisters and crusts may form. Please read and follow these instructions:

- No post-laser wound care is needed, although emollients such as Aloe Vera gel or Aquanil HC are soothing. If blistering occurs, a typical antibiotic ointment (e.g. Bacitracin) applied twice daily is helpful. Please notify office should this occur.
- Sometimes, black stubs may appear on the treated area. These are destroyed hairs being shed and fall off during the first or second week after treatment. This is not a sign of hair regrowth.
- It is strongly encouraged you protect the area with a sunscreen before going outside, as sun exposure can lead to pigmentation irregularities.
- The skin that has been treated should be treated gently for the four to five days following treatment. Avoid harsh rubbing of the treated area for 24 hours. Do not wax, tweeze or use depilatories between treatments.
- Ice soaks may be used to ease any swelling or discomfort
- Makeup can be applied after 24 hours as long as the skin is not broken. Makeup with SPF will also serve as an additional sun block
- Tylenol and cold compresses can be used for any discomfort.

If you have any questions or concerns regarding your laser treatment or post operative care, please do not hesitate to call us at (603) 430-6220.