



La Jolla Cosmetic
Medical Spa
est. 2013

Laser Hair Removal Pre & Post Instructions

PREPARING FOR YOUR TREATMENT

- Please inform us of any changes to your medical history, especially new medications such as antibiotics. Many medications can cause photosensitivity.
- Call us 48 hours prior to your next appointment if there is no hair re-growth in the treated area.
- Shave the area within 12 hours prior to the treatment. If treating a thicker area such as the beard, shave the morning of your appointment.
- DO NOT wax or tweeze for 4 weeks prior to treatment, shaving or clipping only.
- DO NOT use any skin irritants, such as Retin A/any products containing an exfoliant or acid for 3 days prior to treatment
- DO NOT use hair removal lotions or hair bleach for 4 weeks prior to treatment.
- DO NOT use tanning beds, tanning lotions or sunbathe for 4 weeks prior to treatment.

AFTER YOUR TREATMENT

- Gently wash treatment area twice per day and apply a minimum of SPF 30 UVA/UBV sunscreen whenever exposed to light.
- Take extra precautions from the sun for 7 days post treatment.
- Avoid sources of heat such as steam rooms, hot tubs, and hot exercise for 48 hours post treatment.
 - You may expect a mild sunburn sensation that typically lasts 2-3 hours with some redness and swelling around hair follicles that may last 1 day or more.
- o You may apply cold compresses to reduce redness and swelling, and 1% hydrocortisone cream or a cooling gel such as aloe-vera gel can be applied as needed for any irritation.
- o If blistering occurs, apply antibiotic ointment and notify our office as soon as possible.
- It is safe to restart all normal products and exfoliate the area 7 days after treatment.
 - Shaving or using clippers are the only acceptable methods of hair removal between treatments.

WHAT TO EXPECT

- Stop use of Hydroquinone products
- Avoid aspirin, Motrin (ibuprofen), fish oils, vitamin E, and other blood thinners like alcohol

DAY PRIOR

- Hair loss will be most evident ten days to two weeks after treatment.
- Intervals between treatments should be 4-6 weeks for the face, 6-12 weeks for the body. As you continue with your series, your hair may grow slower, and you can space treatments further, with the end goal of doing a maintenance treatment 1-2/year.
- You should avoid close contact with pets after laser treatment such as sleeping, cuddling, or allowing them to



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“kiss” lick you. No matter how clean they are, pets carry germs that are different to human germs. These germs can transmit diseases and cause infections. This could alter your result in a negative way requiring antibiotics, and even additional treatments. Ask your provider when it is safe to resume close contact.

If you have questions or concerns or questions, please call the office at (858) 452 -2066.