

**PRE AND POST INSTRUCTIONS FOR LASER HAIR REMOVAL**

Thank you for scheduling your Laser Hair Removal treatment with Laser Skin Care Center. For your safety and in order to obtain optimum results, the instructions below must be followed.

* Do not wax, tweeze, color, use depilatory creams or have electrolysis on the treatment area for at least 4 weeks before and throughout the entire course of your treatments. Shaving and clipping is permitted as often as desired
* Shave the treatment area the morning of your scheduled treatment, unless instructed otherwise. If you cannot shave the area Laser Skin Care Center will shave the area for an additional $50 charge.
* Do not use any of the following products on the treated area 3 days before or 3 days after treatment: harsh exfoliating cleansers or scrubs, bleaching creams or retinoids (Retin-A).
* Avoid direct prolonged sun exposure 2 weeks before and 2 weeks after treatment on the treated area.
* Apply your Elta MD sunscreen or a sunscreen of at least 30 SPF or higher every 2 hours to prevent post procedure side effects if exposed to sun.
* Apply your Post Treatment Recovery Complex 2-4 times a day for at least 3 days after each treatment to soothe the skin and to speed up the recovery process.
* After treatment the area may feel like a mild sunburn, a cool compress can be applied.
* Please adhere to the appropriate treatment intervals recommended by your provider, as the hair growth cycle determines the efficiency and number of treatments required.
* Cleanse the area with tepid warm water. Avoid extremities of heat such as: hot showers, hot tubs and saunas for 72 hours after treatment.
* The hairs that are destroyed from the treated area will gradually work themselves out; this can take 3-4 weeks. Do not pick or scratch the treated areas.
* If you are experiencing in-grown hairs, a gentle exfoliator may be used in between treatments.
* Although extremely rare a blister may appear. Please contact the office and we will further instruct you. 562-997-1144
* If you must cancel your appointment please give us at least 24 hour notice to avoid any late cancelation fees. This is due to a high demand for treatment time.
* There is no guarantee that laser hair removal will be completely effective on every individual.
* Please inform the medical staff of all medications you are taking, some medications can make you photo-sensitive.
* Please notify your provider of any history of Gold Therapy
* Please notify your provider of any metal plates, screws or rod’s in the treatment area.
* Please notify your provider if you have a history of cold sores in the treatment area.
* You are not a candidate if you are pregnant, breast feeding, or on oral antibiotics.

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Patient Signature Date**

**Please feel free to contact us with any additional questions or concerns; we can be reached at 562-997-1144**