

Dermatology Associates of the South Bay
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LASER/ PULSED LIGHT HAIR REMOVAL (REDUCTION) PRE AND POST TREATMENT INSTRUCTIONS

PRE-TREATMENT

- Avoid real and artificial tanning of the treatment areas, including tanning beds, spray tan and tanning creams, 3-4 weeks before treatment. Please protect the treatment area with a broad spectrum sunscreen SPF 30+ when you are in the sun. We cannot treat skin that is tanned or sunburned.
- Please shave/trim the hair in the treatment areas **IMMEDIATELY** before your appointment and arrive with the area clean and free of creams, lotions, deodorant and make-up.
- Remember to stop waxing, plucking, threading, tweezing, using a depilatory hair remover and bleach 3-4 weeks before starting treatment and throughout the treatment period.
- If we are treating your face please stop using Retin-A/ Tretinoin/ Retinol and similar topical irritants 4 days before treatment.
- If you have a cold sore, infection, or your skin is inflamed in or near the treatment area you will need to reschedule your treatment. Please call 24 hours before your scheduled appointment to avoid being charged a cancelation fee.
- If you require numbing cream applied prior to your treatment please indicate this when making your appointment.
- If you are under 18 years old your parent will need to come with you to your appointments to give consent for us to treat.
- *You cannot be treated if: you are pregnant, breastfeeding, are taking Accutane or it has been less than 6 months since stopping the use of Accutane, the treatment area is sunburned, tanned, or has an infection.*

POST-TREATMENT

- Immediately after the treatment, there may be redness and bumps in the treatment area, which may last 24 hours or longer. It is normal for the treated area to have a "sunburn like feel" for a few hours. You may use a cold compress, pure aloe vera gel (keep it in your refrigerator for added comfort) or over the counter hydrocortisone cream if needed to relieve these minor discomforts.
- No strenuous exercise or excessive heat (Jacuzzi, sauna...) should be applied to the treated area until the skin is back to normal, and any skin reaction had resolved; this should include avoidance of these things for the balance of the day of treatment even if your skin looks and feels fine.
- Continue to protect the treated area from sun exposure and use a broad spectrum sunscreen SPF 30+ daily while treating.
- Once any skin reaction is gone you may apply makeup & moisturizer to the treated areas.
- Wait till any skin reaction is resolved + 3 days before resuming the use of Retin-A/ Tretinoin/ Retinol or scrubs/ exfoliation in the treatment area.
- If you experience a blister, crusting, or scabs in the treatment area apply antibiotic ointment or cream to the area 2 times a day until healed. Do not pick or remove any crusting or scabs.
- If you have any questions or concerns about your hair removal treatment, please do not hesitate to call us 310-370-9970.

Remember:

- ✓ *Treatment intervals on the face are approximately every 4-6 weeks.*
- ✓ *Treatment intervals on the body are approximately every 8-10 weeks.*
- ✓ *You should have had 2 weeks of hair regrowth in the treatment area BEFORE we retreat that area.*
- ✓ *Treatments only destroy pigmented hairs that are actively growing. Each treatment destroys approximately 10%-15% of the hairs in the treatment area. Staying on schedule is important to help maximize your treatment results.*