

The duration of hair growth cycle varies on the body location being treated. The laser can only eliminate hair at its active growth phase. Multiple treatments are necessary over 4-8 week intervals to remove hair from most areas. It is not recommended to treat any sooner than 3 weeks. Treatment duration varies from 15 min to 60 min depending on the area. Results may not be apparent for several months post treatment. We provide a complimentary topical anesthetic for patients to apply in office prior to treatment. A cooling device is also used to reduce discomfort during laser treatment.

**Face and Neck:** Treatment 4-6 weeks apart

**Below Neck:** Treatment 6-8 weeks apart

**PRE-TREATMENT INSTRUCTIONS:**

- Avoid sun exposure for at least 2 weeks before the treatment. Apply broadspectrum sunscreen (UVA/UVB) SPF 30 or higher to any treatment area prior to sun exposure.
- Treatment cannot be done on areas with suntan or sunburn. Do not use tanning beds or tanning lotions, for minimum of 3 weeks before treatment.
- Discontinue using corrective products (ie: Retin-A, Hydroquinone) on treatment areas for 5-7 days before treatment.
- Please notify us if you are taking any photosensitive medications (ie: antibiotics).
- Do not wax, tweeze, thread, use depilatories or bleach the area for at least 2 weeks before treatment.
- **Shave the treatment area the DAY of your appointment.**
- Notify our office if there is any change in your medical history since your last visit.
- Do not wear make-up, creams, and lotions on treatment areas prior to treatment.

**POST-TREATMENT INSTRUCTIONS:**

- You may have redness and/or swelling around the hair follicles (This usually disappears within 24-72 hours).
- You may have mild peeling of the skin. Do not remove peeling skin as this may cause scarring.
- For discomfort, you can apply cold packs, or aloe vera gel.
- Treat the area gently, and avoid trauma to treated areas for 2-3 days. Avoid pressure, rubbing, scratching, or picking at treated areas.
- Avoid hot showers, hot baths, or swimming in chlorinated pool for 24 hours.
- Use sunblock if sun exposure (natural and artificial) can't be avoided (UVA/ UVB SPF 30 or higher).
- Do not apply make up for 24 hours post treatment.
- Protect irritated areas from clothing and jewelry.
- Do not shave with razor 2-3 days after treatment. Electric razor may be used after 24 hours.
- Do not wax, tweeze, or bleach between treatments
- **It may take up to 3 weeks for the hair to fall out.**
- Call the office for signs of burning such as blistering, excessive redness with heat, prolonged pain, and if you have any questions or concerns (408) 295-2580.