

## Pre/Post Care for Laser Hair Removal

Thank you for choosing Raleigh Plastic Surgery Center and The MedSpa@RPSC for your laser hair removal. For optimum results your treatments must be a combined effort between you and this center.

For 6 weeks immediately prior to your laser treatments please do not wax, tweeze, use depilatories, undergo electrolysis or bleach the hair you are seeking to remove. If a bleaching cream has been recommended for your use, please apply to the area to be treated as directed. Normally, we ask that you apply it 1-2 times a day for 4-6 weeks prior to treatment depending on your skin type and color. We may ask that you resume this regimen following the treatment as well.

Refrain completely from sunbathing or tanning in a tanning bed for eight weeks prior to, and for the duration of your treatments. Darkly pigmented skin may absorb a portion of the energy that should be striking the hair follicle and will reduce the effectiveness of the treatments. Additionally, tanning in the post treatment period is associated with an increased risk of pigmentation problems. Should you be exposed to strong sunlight for any length of time during your treatment schedule, use an SPF 30 sunblock.

If you have a history of herpes in the area to be treated, you will need to take a prescription antiviral medication to prevent an outbreak post laser treatment. This medication should be started the day before the procedure and continued for 5 days. Please notify our office should you develop any outbreak or rash of any kind during treatment, as treatment may need to be postponed until this clears.

You may notice redness after treatment and experience a slight sunburned feeling to the treated areas for a couple of hours. Apply cool compresses to the area for 10 to 15 minutes each hour for 4 to 5 hours after treatment. You may take Tylenol or Ibuprofen as needed on the day of the treatment.

For the next two to five days, you may develop a fine crust over the treated area. Keep the area clean by washing twice a day with a mild soap followed by a small application of Polysporin or Bactroban ointment. Continue until the crusting disappears. If crusting occurs, do not use glycolic or Retin-A products over the treated area for one week after treatment. If make-up is used, apply a thin coat of antibiotic ointment before make-up. Do not use deodorant until the area is healed.

You will notice that the hair will be singed in the treated area. The treated hair will continue to grow until the hair follicle has grown and fallen out. This "shedding" process may take up to two weeks or longer after treatment. You may not tweeze or wax in between treatments. You may, however, shave the area.

Only actively growing hair responds to laser therapy. For optimum results it is imperative that you keep your scheduled appointments. RSPC and The MedSpa@RPSC treatment protocol is customized to your individual condition and your treatment schedule has a direct effect on your final result.

If you have any questions, please contact our office at 919-333-4418 or [themedspa.rpsc@gmail.com](mailto:themedspa.rpsc@gmail.com)