

Hair Reduction Instructions

Laser hair reduction is a safe effective way to get rid of unwanted hair. The procedure is permanent and will kill the hair follicle ONLY during its active growth phase. This is why multiple treatments are required. Although we can remove the majority of hair with a series of 6 treatments there are occasionally a few hairs that will need to be touched up at a later time. Typically the interval between treatments is about 5 weeks, but is shorter with darker skin types.

Prior to the procedure:

Shave the area 4-5 days before the procedure. It is best to have a short hair in the treatment area, not smooth skin

Do not wax, tweeze or pluck the hair for at least 5 weeks prior to the procedure

You should not tan the treatment area for 2-3 weeks prior to the procedure

Do not have make up on the treatment area

Remember the anesthetic requires 30-45 minutes to work so bring a magazine

If the bikini line is treated, bring an extra pair of underwear

After the procedure you may have a bit of skin irritation and/or a burning sensation that usually goes away in a few hours. You should avoid exercise for 24 hours. The treated area should no have sun exposure for a day or two and then a potent sunblock is needed. Depending on the area treated the laser can cause an outbreak of viral sores or blisters particularly if you have a history of them. This can be prevented by taking antiviral medications beginning the day before the procedure. If you need a prescription, please talk with your skin care specialist. After the procedure wash the area gently with a mild soap like Purpose or Cetaphil.

Side effects are not common and generally resolve spontaneously. They include mild burning of the skin, bruising, hypo and hyper pigmentation (light and dark areas) and mild crusting. Rarely the change in color of the skin may be permanent.

Like with all medical procedures, be sure all your questions are answered and you are comfortable with all the risks involved.