

Laser Hair Removal Instruction Sheet

Pre-Treatment:

- No waxing, tweezing, threading, sugaring, electrolysis, bleaching, or use of depilatory agents at least 4 weeks prior to treatment. The laser will not work if there is no follicle present at time of treatment.
- Please avoid tanning (natural, sunless, and definitely no tanning bed) within 1-2 weeks before your treatment session.
- Discontinue use of topical vitamin A creams such as retinol, tretinoin, Retin-A to areas to be treated at least one week prior.
- Please shave the area to be treated one day prior.
- Do not apply lotion, cream, deodorant, or makeup before treatment.
- Please notify us if you are prone to cold sores (herpes labialis) or genital herpes, as you will be prescribed a medication (valacyclovir 1000mg x 2 oral tablets) to take the morning of the appointment and 2 tablets 12 hours later the same day. This is to prevent cold sores from the treatment only if your face or groin area is undergoing treatment.
- OPTIONAL: You may apply topical numbing cream 30 minutes to max 1 hour prior to treatment time. Only upon request, a prescription for topical EMLA (eutectic mixture of lidocaine 2.5%/prilocaine 2.5%) cream (30g tube) will be sent to your pharmacy. Please do NOT apply to mucosal surfaces or broken skin, and do not apply over multiple areas at one time. Over-application of topical lidocaine may lead to lidocaine toxicity and cause symptoms such as tingling of the tongue or around the mouth, lightheadedness, metallic taste, dizziness, difficulty focusing, disorientation, sleepiness, or more severe reactions including seizures and respiratory depression. The numbing cream must be removed completely before we begin treatment (we will provide wipes and wet gauze for removal), but please arrive 5-10 minutes early if you are applying topical numbing.

Post-Treatment:

- It is normal to notice redness or bumps after treatment. The treated area may feel like a sunburn. Apply a cold compress (ice) or aloe vera gel as needed. Apply a thick emollient such as Aquaphor, Vaseline, or CeraVe healing ointment to crusted areas.
- Avoid hot tubs, sauna, etc, for 24 hours after treatment.
- Do not scrub, exfoliate, or irritate the treated area for 1 week after treatment.
- Avoid sun exposure to treated areas and apply broad-spectrum sunscreen daily if in a sun-exposed area.
- Moisturizer, sunscreen, and makeup may be applied immediately after treatment.
- Most patients will require average 6-12 treatments for maximal efficacy to be observed (minimum 3 treatments to be able to determine efficacy). Not all patients will respond equally.

ACKNOWLEDGEMENT:

I certify that I have read and fully understand the contents of this instruction sheet. I understand that treatment success will be dependent on adherence to pre- and post-treatment instructions and to follow-up for full treatment course as determined by the physician. I understand the risks and potential complications from laser hair removal treatment, including but not limited to, redness, swelling, blistering, burns, pain, infection, ineffectiveness, and will notify the office immediately with any concerns.

Printed Name

Signature

Date

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