



IPL (INTENSE PULSED LIGHT) LASER HAIR REMOVAL CARE INSTRUCTIONS

WHO IS A CANDIDATE for Hair Removal

Clients with lighter skin and darker hairs are the best candidates.

Clients who have a history of melanoma, raised moles, suspicious lesions, keloid scar formation, healing problems, autoimmune diseases such as Lupus, scleroderma or vitiligo, active infections, open lesions, hives, herpetic lesions, cold sores, tattoos, or permanent make up in the area of treatment are not candidates. Nor are patients who have been on Accutane in the past 6-12 months, St John's wort in the past year, recent tetracycline or doxycycline use, or who are pregnant or trying to get pregnant, or nursing.

PRE-CARE

- Shave the entire area you would like to be treated thoroughly prior to your visit
- Do not wax, tweeze, bleach, or use hair removal creams or electrolysis on treatment area. These activities can reduce the effectiveness of the treatment.
- Do not use self-tanning products and avoid direct sun exposure for 2 weeks prior to and/or post treatment.
- Discontinue use of Retinoid products (Retinol, Renova, Tretinoin, Retin A, Retin A Micro, Tri-Luma, Solage, etc.) 7 or more days prior to treatment.
- Discontinue use of products containing glycolic acid, salicylic acid and other alpha hydroxy acids at least 5 days prior to your treatment.
- Many medications cause sun sensitivity and will also make your skin more sensitive to the hair removal. For your safety please, disclose any medications that you are taking when you make the appointment.
- If you have a history of cold sores, begin prophylactic treatment with Valtrex or similar medication at least a day prior to your treatment if treatment is on this face. Continue this for 7 days***
- Notify our office if you develop a cold sore, acne, open lesions in the area being treated, or experience any type of illness prior to your treatment.

PLEASE, ARRIVE TO YOUR APPOINTMENT WITH CLEAN SKIN, NO MAKEUP, OILS, LOTIONS, CREAMS, OR PERFUMES. WEAR LOOSE FITTING CLOTHING THAT WILL LEAVE THE TREATMENT AREA EXPOSED AND ACCESSIBLE FOR TREATMENT.

POST CARE

- Avoid hot showers, saunas, hot tubs, swimming and strenuous sports for 2-3 days following treatment, or until any redness, crusting, or blisters have resolved
- If crusting develops, it should fall off naturally. Please do not pick or scratch.
- Do not wax, tweeze, bleach, or use hair removal creams or electrolysis on treatment area until all treatments are completed
- Do not shave treated area for 1 to 3 days post-treatment if crusting or blistering occurs
- Avoid the sun/tanning beds and apply a minimum SPF 30 broad spectrum sunscreen for weeks
- Treated area may appear red, irritated and swollen (like sunburn). Apply ice packs or cold aloe vera to soothe.
- If it stings or bothers you you may apply hydrocortisone cream several times a day for a few days. If the area is open, also apply a layer of antibiotic ointment over the hydrocortisone cream.
- You may experience "hair shedding" the first few days after treatment which is sometimes mistaken for hair growth
- Subsequent treatment sessions should be 6-8 weeks apart
- Although rare, infection in the treated area is possible. Signs of infection may include redness and tenderness in the infected area and fever. Should you develop an infection, antibiotics may be necessary. Please contact us should you have any concerns.

Please, call our office if you have ANY questions or concerns 206-714-4476