

## Laser Hair Removal Instructions

### Pre-procedure:

- Accutane must be discontinued for at least six months prior to treatment. Come to your appointment with a clean face, without makeup or creams if possible.
- Do not pluck or wax the hair in the treatment area 4-6 weeks prior to your treatment. Shave the area to be treated before your appointment. If the hair in the treatment area is very sparse, please let us trim this at the time of your treatment as this allows us to better define the treatment area.
- Avoid sun and sunless tanning creams for 4 weeks prior to treatment. We cannot perform your treatment if you are tanned.
- Stop retinols 7 days before your treatment.
- If you're prone to cold sores, we may prescribe a prophylactic antiviral to prevent an outbreak.

### Post-procedure:

- Aloe gel or a cool compress will be applied immediately following your treatment.
- If there is crusting, you may apply Aquaphor daily.
- Avoid retinoids until any crusting disappears or 3 days post-treatment.
- Always limit sun exposure throughout treatments and wear a broad-spectrum UVA/UVB sunscreen daily.
- You will notice some singed hairs and hairs that are working their way up out of the follicle. This shedding process may take up to two weeks.

**Please call the office with any questions.**

**Office: 301-881-7770**

**Answering Service: 301-917-2929**