

Before and After Care for Laser Hair Removal

Before your treatment:

- Hair should be cleanly shaven
 - Leave a representative sample unshaven for clinician to assess
- Do not wear makeup on the treated area the day of treatment
- No sun-tanning or self-tanners 4 weeks prior to treatment
 - Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Some medications or supplements may increase the risk bruising. Consult with your physician
- No waxing, plucking or tweezing at least 4 weeks prior to treatment
 - Some body parts may require a longer wait time
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (depilatories, harsh chemicals, etc.)
- Notify clinic with any changes to your health history or medications since your last appointment
- History of herpes or cold sores may require an anti-viral prescription prior to treatment

After your treatment:

- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen
- Redness and perifollicular edema (looks like a rash/bug bites) are common and resolve with time
- Bruising and swelling are less common but may occur and will resolve with time
- Hair may take up to 2 weeks to fall out
- Avoid heat – hot tubs, saunas, etc. for 1-2 days
- Avoid skin irritants (examples below) a few days post-treatment
 - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
- Do not wax or pluck between treatments
- Notify clinic of any concerns (blistering, excessive redness/swelling, etc.)
- Hair removal requires a series of treatments. The number of treatments depends on body location and type of hair.
- Consult with clinic about when to resume skin care regime.

Oregon Laser & Wellness Center does not offer medical advice. These are suggestions for before and after treatment care. You should always consult your physician for appropriate before and after care for any laser treatments.

Hair grows in different phases and not all at the same rate. This is why multiple sessions of laser hair removal is necessary to achieve hair reduction. Targeting the hair in the appropriate stage of growth with thermal damage from the laser is how effective hair reduction is achieved.

