



Dr. Brian Davison

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Laser Hair Removal Pre & Post Treatment Care

Pre-Treatment Care

- The area to be treated must be **clean and shaven completely**.
- No lotions or perfumes should be applied to the area to be treated before or after treatment
- Avoid UV exposure and any self-tanning products 7 days prior to treatment
- Clients who are tanned or sunburned must wait at least 2 weeks before being treated in order to avoid additional skin damage
- Avoid all alpha hydroxy and beta hydroxy products (AHA/BHA), hydroquinones, retinols/retinoids, aspirin, Tazorac, Differin, and Vitamin E products for 7 days before your treatment
- No waxing, tweezing or plucking 4 weeks prior to treatment
- If you are prone to cold sores, take an anti-viral medication (such as Valtrex) prior to your treatment
- Clients who have used Accutane, or similar products, within the last 12 months will not be treated until it is safe to do so
- If you are prone to histamine (allergic) reactions inform us prior to receiving any laser treatments.
- Antibiotic medications may increase photosensitivity. We recommend that you check with your personal physician prior to receiving laser treatments if you are taking antibiotics

Post Treatment Care

- During your treatment you can expect slight discomfort
- Allow up to few weeks post treatment for hair to "fall out"
- For best results, maintain a consistent treatment schedule
- Avoid extended UV exposure for 7 days post treatment
- If blisters occur, do not puncture. If skin is broken, apply an anti-biotic ointment until healed
- Do not pick at any lesions that may occur as this will increase the risk of side effects
- Tylenol is recommended for post treatment discomfort if needed, but not usually necessary
- You may apply cool towels, ice packs or pure aloe Vera with no colors added to alleviate discomfort due to heat
- Avoid any additional laser treatments or chemical procedures on the treated area for at least 2 weeks post treatment or until complete healing has occurred
- Use of a broad spectrum UVA/UVB SPF minimum 15 is critical when receiving laser treatments and is recommended ongoing for maintenance of results
- Exfoliation of treated areas can be done 2 weeks after treatment to minimize ingrown hairs