

Pre and Post Care for Laser Hair Removal and Photofacials

Pre-Care:

- **Avoid sun exposure for 2 weeks before and after your treatment.** The use of tanning creams, tanning beds, or bronzers must be discontinued 2 weeks before and 2 weeks after treatments.
- **RECENTLY TANNED SKIN CANNOT BE TREATED.** This includes tan from tanning beds, creams, and bronzers. And yes, being in the pool counts as sun exposure!
- Avoid electrolysis, tweezing, threading, bleaching, depilatory products, and/or waxing for 4 weeks prior to treatment.
- **PLEASE** shave the treatment area(s) closely as the day before or day of your appointment.
- If you have a history of herpes, prophylactic antiviral therapy must be started the day before treatment and continued one week after treatment.
- Treatments are not allowed until 14 days after final dose of any antibiotic or photosensitizing medications (**Examples: antibiotics, steroids, St. Johns Wort**).
- Accutane **must be stopped 9 months before laser treatments.**
- Over the counter Retin-A, Retinols, Glycolics, Salicylics **should be avoided on the treatment area 3 days prior to treatment.**
- Prescription strength Retin-A, Retinols, Glycolics, Salicylics **should be avoided on the treatment area 2 weeks prior to treatment.**
- If **Botox** is done in a treatment area, you must **wait 2 weeks** after for treatment. If **Filler** is done in a treatment area, you must **wait 4 weeks** after for treatment.
- Laser Hair Removal is not effective on grey, blond, and red hair.
***** **All makeup must be removed before treatment.** *****

Post-Care:

- Immediately after treatment there may be erythema (redness) and edema (swelling) at the treatment site. This usually lasts 2 hours or longer. On rare occasions, the erythema may last up to 10 days. The treatment area may feel like a sunburn for a few hours after the treatment, but it will subside.
- Avoid picking or scratching the treated areas. If a blister or crusting appears, or you have a histamine reaction (itching) please call Ultimate Image. You may need antibiotic ointment or hydrocortisone cream. This is a possibility with any laser treatment.
- Hydrocortisone and sunscreen may be used post-treatment.
- No heat exposure like saunas, steam rooms, jacuzzis, extremely hot showers, car seat warmers or strenuous activities for a minimum of 48-hours post-treatment.
- **NO WORKING OUT FOR 24 HOURS AFTER TREATMENT!**
- Avoid sun exposure. You are at risk for hypopigmentation or hyperpigmentation if you do get sun exposure. **Wear Sunscreen SPF 50 or higher.**
- Avoid exfoliating scrubs or brushes for 24-48 hours post-treatment.
- Avoid electrolysis, tweezing, threading, bleaching, depilatory products, and/or waxing. This can disturb the hair follicle which will affect your treatment outcomes. **Shaving is the only option between treatments.**
- Up to 2-weeks post-treatment, you may notice hair falling out of the treated areas. This is not new growth; this is your laser treatment working! (**Note:** You can clean/remove the hair by washing or wiping the area with a wet cloth.)
- **Treat your skin gently for at least 24 hours after your treatment.**