

Sierra Nevada Wellness Center

3160 Vista Blvd.

Sparks, NV 89436

775-352-7200

Laser Hair Removal Pre & Post Treatment Care

Pre-Treatment Care

The area to be treated must be clean and shaven

No lotions or perfumes should be applied to the treated area before or directly after treatment

Avoid UV exposure and any self-tanning products 14 days prior to treatment

Patients 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), hydroquinone, retinols/retinoids, aspirin, Tazorec Differin and Vitamin E products for 14 days before treatment

No waxing or tweezing 3 weeks prior to treatment. No waxing and tweezing during your whole treatment package

If you are prone to cold sores and are doing laser hair removal on your upper lip, please take an anti-viral medication (such as Valtrex) 2 days prior to your treatment

Patients who have used Accutane, or similar products, must be off of this medication for 12 months before receiving treatments

Patients should not perform any extreme physical activity that increases body temperature or blood pressure within 2 hours after receiving a treatment

Antibiotic medication will increase photosensitivity. We recommend being off of antibiotic medication for 14 days before we will do a treatment

Post-Treatment Care

During your treatment you can expect slight discomfort, similar to warm pin prick or warm tweezer

Allow 1-3 weeks after your treatment to notice the hair finer, thinner and slower growth. Also allow 1-3 weeks after your treatment for some of the hairs to "fall out"

For best results maintain a consistent treatment schedule

Avoid significant UV exposure in the area we are treating during your whole treatment package

If blisters occur do not puncture, you can apply some Neosporin

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

If you are doing underarm laser hair removal you can apply deodorant immediately after your treatment

If you are doing any laser hair removal on your face you can apply make-up immediately after your treatment

Avoid any additional laser treatments or chemical procedures on the treated area for at least 4 weeks post treatment

Use of broad spectrum UVA/ UVB SPF 30 is critical when receiving laser treatments to protect your skin

If you experience any side effects such as hypo or hyperpigmentation, prolonged redness, swelling or blisters, call our office for additional instructions