



Client Pre & Post Care Instructions

Laser Hair Removal

Thank you for scheduling your Laser Hair Removal treatment with Golden Laser Aesthetics. The instructions below must be followed diligently in order to obtain optimum results.

Pre Care Instructions

- Don't Tweeze! Prior to a laser hair removal treatment, patients must abstain from tweezing, waxing, or any other unwanted hair treatment that removes the hair from its root.
- There must be hair in the hair follicle for laser hair removal to work. The laser is attracted to the melanin, or pigment, of the hair. The hair must be in its anagen, or active, growth phase. This is why a series is required for the best outcome.
- Don't moisturize right before your laser hair removal treatment, avoid applying any lotion, a chemical sunscreen, perfume, or other similar cosmetics to the surface of your skin.
- Shave 1 day before your session. The idea is to have a nice, close shave, so that there is minimal hair outside the skin. It is best to have just enough hair to be visible so your laser technician knows what is to be treated.
- There may be some slight charring of the small amount of stubble that gets hit by the laser. So, if you notice an odor of singed hair, that's normal.
- Avoid all alpha hydroxy and beta hydroxy products (AHA/BHA), retinols/retinoids, and aspirin for 3 days before your treatment.
- Clients should come to their treatment with a clean face and no makeup on.
- Male clients please shave prior to treatment.
- Avoid extended sun exposure or tanning for 2 weeks pre & post treatment. Wear sun protective hats, clothing, and spf.
- Clients who are darkly tanned or sunburned should wait at least 2 weeks before being treated in order to avoid additional skin damage.
- If you are prone to cold sores, take an anti-viral medication (such as Valtrex) prior to your treatment. Ask your technician for a prescription.
- Clients who have used Accutane within the last 12 months CANNOT have treatment.
- Clients that have a history of herpes outbreaks in the areas being treated, a prescribed medication, like Valtrex is recommended for one week prior to the treatment prior to the treatment to help prevent an outbreak. Ask your Esthetician for a prescription.

Post Treatment Expectations

- Mild Erythema (redness) will be present in the treatment area and can last a few hours up to a few days. Mild swelling, tenderness and/or redness may accompany this.
- Immediately after treatment, there may be mild redness and swelling at the treatment site, which may last up to 2 hours or longer. The redness may last up to 2-3 days.
- The treated area may feel like sunburn. Apply ice packs or gel packs (do not apply direct ice) for the first few hours after treatment to reduce any discomfort or swelling. If redness



or swelling persists, ice packs can be continued. Most clients will not experience any significant discomfort.

- Hair will stunt or slow down in growth at first and when it does start to grow you may notice it could shed out of the follicle or come in finer and thinner. Either is fine please make note for your next appointment.
- 5-10% reduction is to be expected with ideal candidates (fair skin dark hair) per treatment.
- Goal is 75-80% reduction and may require more than 6-8 treatments.
- Hormonal areas will more likely require maintenance treatments as hormones can cause new hair growth.

Post Care Instructions

- Makeup may be used immediately after the treatment unless there is blistering.
- Avoid sun exposure until skin has returned to its normal baseline (no redness or swelling). SPF is required for you to receive treatment on exposed areas.
- Avoid picking or scratching the treated skin. Do not use any other hair removal treatment products or services (waxing, electrolysis or tweezing) that will disturb the hair follicle in the treatment area.
- Wash the treated area and pat dry for 3 days after treatment. Do not scrub.
- Start gently scrubbing the treated area on the 4th day (exfoliate).
- There are no restrictions on bathing except to treat the skin gently, as if you had sunburn, for the first 24 hours. At the next visit, it is important for the patient to let the practitioner know how long the redness lasts after treatment and when significant hair growth was noticed in the area.
- Avoid all alpha hydroxy and beta hydroxy products (AHA/BHA), retinols/retinoids post treatment in the areas treated. DO NOT ingest aspirin or products containing aspirin until complete healing has occurred.
- Avoid shaving the area for 24 hours after treatment.
- Recommended products such as mild facial cleanser, high quality SPF 30+(zinc and/or titanium dioxide >10%) and a good moisturizer are recommended for your after-care. If an open area occurs or if the treatment area is inadvertently picked an antibiotic ointment, such as Bacitracin can also be applied.
- Do NOT have any other facial treatments for at least 2 weeks post treatment.
- In rare cases, prolonged redness or blistering may occur, if this happens please call the office. An antibiotic ointment may be applied to the affected areas twice a day until healed.