

## **SWR Laser Hair Pre & Post Care**

You should be 4 weeks without any sun exposure (either before or after treatment) including visiting a sunny locale. Even if you wear sunscreen daily, if you have been in the sun you will have unpredictable results and we will not treat you. We do not do any heat procedures during the warmer, sunnier weather.

### **PRE CARE**

- You must shave the hair of the body part to be treated. If you cannot shave yourself, then advise the technician and our staff prior to treatment in order schedule extra time in the appointment and we can do it for you for a fee of \$50 per area per occurrence.
- Do not wax, pluck or use depilatories during your series of laser hair reduction
- Avoid sun exposure for 1 to 2 weeks prior to treatment and use SPF 30 daily to ensure coverage against UVB and UVA rays.
- Do not use self-tanning products for 1 to 2 weeks prior to and/or post treatment.
- Discontinue use of Tretinoin type products (Renova, Tretinoin, Retin A, Retin A Micro, Tri-Luma, Solage, etc.) or Hydroquinone at least 2 or 3 days prior to treatment.
- Many medications (e.g. doxycycline) that are sun sensitive will also make you more sensitive to the laser. Please disclose any medications that you may be taking.
- If you have a history of cold sores, begin prophylactic treatment with Valacyclovir or similar no later than the day prior to your laser hair treatment.
- Notify the center if you develop a cold sore, acne, open lesions in the area being treated, or experience any type of illness prior to your treatment.
- Longevity of neuromodulators (e.g. Botox) and fillers done any time within 6 months prior to face treatment may be affected. Neuromodulator done within 2 weeks prior to treatment is not recommended.
- REMEMBER - Laser hair **reduction** is never 100%. Industry standard is 75 to 90% reduction in the hairs. Not all hairs will be destroyed. Hormones can cause hair to grow back.

### **POST CARE**

- You may experience small red bumps around the hair follicle. This is normal and expected. Do not pick, rub or scratch these until they have cleared. Your skin overall may be sensitive for several days following your laser hair removal treatment.
- If your skin scabs or crusts, or you experience a burn, do not pick, rub or scratch these areas. Doing so can result in infection, permanent pigment changes in your skin or even scarring. Gently cleanse the area and apply over the counter hydrocortisone cream several times a day for one week. If the area is open, also apply a layer of antibiotic ointment over the hydrocortisone cream. Please contact us immediately if you experience any burns at 503.964.5334 (leave a voicemail) or email ([info@skinwiserx.com](mailto:info@skinwiserx.com)).
- Do not sunbathe or use a tanning bed for at least 2 weeks following your treatment. If you need to be out in the sun, wear an SPF 30 minimum.
- Avoid swimming, hot tubs and saunas for several days following your treatment.
- It can take several weeks for the hair in the treated area to "fall out" (push up and out of the follicle). This time frame is normal.
- Do not expect your hair to "not grow back" after a single session. Laser hair reduction is a process.
- Subsequent treatment sessions should be every 4 weeks if done on the face, every 6 weeks from waist to neck. And every 8 weeks if below the beltline.
- Although rare, infection in the treated area is possible. Signs of infection may include redness and tenderness in the infected area and fever. Should you develop an infection, antibiotics may be necessary. Please contact us should you have any concerns.

**Please call our office during normal business hours if you have ANY questions or concerns.**

I understand that these pre/post care instructions are important to my overall treatment. I agree that I have read and understand what is required of me to have my treatment.

### **Signature**

Patient Signature