

EIHOPOULOS

PLASTIC SURGERY & MED SPA

LASER HAIR REMOVAL

Pre-Treatment Care: LHR

- Do not expose the area to be treated to the sun, self tanning lotions or a tanning bed for two weeks prior to treatment. The Photorejuvenation cannot be used on tanned or very dark skin.
- Wear sunblock that protects from both UVA and UVB rays daily on the area being treated for at least two weeks prior to your treatment and for the duration of your treatments. Be sure that the sunblock base is either titanium oxide or zinc oxide.
- Do not wax, pluck or use depilatories on the area to be treated prior to your consultation or between treatments. **(you must shave the area being treated the night before or morning of the treatment)**
- LHR cannot be used on people who are pregnant or nursing.
- If using **Retin-A on the face (and laser is done on the face)**, discontinue use on the area to be treated **2 weeks** before treatment and do not resume until you have completed your course of Photorejuvenation treatments.
- Do not use any skincare products that contain **glycolic acid** or other **“fruit acid exfoliants”** for **three days** before and after each treatment.
- Discontinue use of **Retinol** 3 days before treatments.
- You may be advised to begin a regimen using **Hydroquinone** (a skin bleacher) prior to beginning your treatment series. However, you **must stop** using skin products with **Hydroquinone 7-10 days** prior to treatment and during treatment series

Post-Treatment Care: LHR

- The skin that has been treated should be handled gently for four (3) to five (4) days following treatment. Remember no skin care products that contain glycolic or other acid exfoliants for three (3) days before and after each treatment. Care should be taken to prevent irritation. Avoid harsh rubbing of treated area for 24 hours. **DO NOT** pluck, wax or use depilatories between treatments.
- Avoid exposure to sunlight during the treatment period. Patients must continue to use a sunblock throughout the treatment period and for at least one month following treatment. Be sure that the sun block base is either titanium oxide or zinc oxide. Tanning increases the concentration of melanin, which increases the risk of hyperpigmentation or burning from the treatment.
- Rarely a crust or blister may occur. This is superficial and should not result in any scarring. If this occurs treat it like a sunburn or any other blister. **If the skin is broken or a blister appears, apply Bacitracin antibiotic ointment and contact the office: 978-275-9440**
- Makeup can be applied as long as the skin is not broken. Makeup will also serve as an additional sunblock. Because skin is more sensitive after treatments, be careful removing makeup so as not to damage the skin.
- After laser hair removal, you may experience a slight “sunburned” or “razor burned” feeling in the treated area. This may last several hours. Avoid anything with heat on the area for the day of the treatment (including seat warmers in the car, hot baths etc).
- You will notice some singed hairs and hairs that are working their way up out of the follicle. This is the “shedding” process that takes place after laser hair removal. This “shedding” process can last

anywhere from 2-4 weeks depending on the area of the body that was treated. You may shave the area until the dark hairs have been shed; however, plucking or waxing is not advised.

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