



Laser Pre-Treatment Skin Care Instructions

Precautions before and after laser treatment

The area being treated cannot be exposed to the sun. For spider veins, sunspots and hair removal, avoid sun exposure for at least two weeks prior, and at least two weeks after treatment. Sun exposure can make your skin too sensitive and thick for proper hair removal. Also, skin that has been treated with laser is more sensitive to sunlight and can result in blistering or hyperpigmentation. A broad-spectrum (UVA/UVB) sunscreen of SPF 30 or higher should be applied whenever exposed to the sun.

Skin preparation prior to treatment

Discontinue use of self-tanning creams and exfoliating products such as Retin-A two weeks prior and during entire treatment.

If you have a history of herpes outbreaks in the area of treatment, you should consult with a provider for possible prophylaxis prior to treatment, as laser may reactivate the nerves that cause outbreaks.

For hair removal, shave areas to be treated the morning of your treatment.

Additional Information for hair removal...

Because the laser picks up the contrast between the hair follicle and the skin pigment, treatment of those with **blonde or red hair** will not be as affective. This is because the hair to skin pigmentation difference is much less than it is with dark hair and light skin.

During the hair growth cycle, some hairs are actively growing, while others remain dormant. Laser hair removal requires multiple treatments in order to catch each hair as it enters the active growth phase. This can vary from person to person, but in most cases, complete hair removal requires 4-6 treatments, spread out between 4-6 week intervals.



Laser Post Treatment Instructions

Expectations following treatment

Immediately following treatment, the area may show a slight erythema with some swelling. Spider veins may look like “cat scratches.” Blistering may occur.

General skin care

During the healing phase, the area must be treated delicately. Do not rub, scratch, or pick. If a crust develops, let it fall off on its own.

Do not scrub the area – pat the area dry. Do not shave over the area if swelling, crusting, or scabbing is present.

If swelling occurs, apply ice. Wrap the ice in a soft cloth. Discomfort or stinging may be relieved with Tylenol.

If makeup is allowed, it must be applied and removed delicately. Excess rubbing can open the treated area increasing the chance of scarring.

Avoid sports and/or strenuous exercises for 3 days following treatment.

Avoid sun exposure for 2 weeks after sunspot, hair removal and spider vein treatment.

In case of signs of infections (pus, tenderness, fever), contact the office immediately.

Spider veins are reabsorbed by the body over a period of 4-6 weeks. For best results we recommend wearing compression stockings/socks for 7 days following treatment.

The treated hairs will exfoliate or push out in approximately 2 weeks.

Post treatment skin care instructions must be followed to prevent any complications. Please contact the office at 770-423-0595 with questions or concerns regarding your treatment.