



Laser Hair Removal Instructions

Pre-Treatment Instructions:

- Shave the area you want to treat the day before your treatment.
- Treatment cannot be performed on recently sun-exposed or sun-tanned skin.
- Avoid active sun exposure and tanning beds for approximately 2 weeks prior to treatment. Use a broad-spectrum SPF 30+ sunscreen daily.
- Avoid the use of self-tanners on the area being treated for approximately 2 weeks prior to treatment.
- Do not tweeze, wax, or use depilatories in the area you're looking to treat for 4 weeks prior to treatment, as this will prevent the best results. The follicle must be intact for successful treatment.
- If you have a history of cold sores, begin prophylactic treatment with Valtrex or similar medication no later than 24 hours prior to treatment.
- Please try to refrain from wearing makeup to your appointment.
- Treatment cannot be performed if Accutane (oral acne medication) has been used within 6 months prior to treatment.

Post-Treatment Instructions:

- Direct sun exposure and tanning beds should be avoided for 2 weeks post-procedure. You must use a broad-spectrum UVA/UVB sunscreen SPF 30+ post-procedure.
- Avoid extreme heat for the first 12 hours post-treatment (e.g., hot tubs and saunas). Skin may appear red in the treated area after a hot shower or bath.
- Do not exfoliate or use harsh scrubs on the treated area for the first 24 hours.
- Avoid Retin-A, Glycolic/Salicylic Acids, and Alpha-Hydroxy Acids for the first 24 hours post-treatment.
- Hair will continue to grow and fall out 2-4 weeks post-treatment.
- Continue to shave the treated area. Do not tweeze, wax, or use depilatories throughout your laser hair removal series.
- Makeup may be applied immediately after treatment.
- It is strongly recommended that you complete a series of 6 treatments, spaced 4-8 weeks apart (depending on the hair growth of the area being treated), for optimal results. In some cases, additional treatments may be needed. Yearly maintenance/touch-up treatments are recommended.

Side Effects:

- The skin may feel like a mild sunburn for the first hour. A cold compress can be used to provide comfort.
- Redness and follicular edema (pinpoint swelling) are common and typically resolve within the hour. More sensitive skin types may appear red for 24-48 hours post-treatment.
- If skin irritation or itching occurs, apply Hydrocortisone Cream (found at CVS) to the area 2-3 times a day.

If you think you are having an emergency please call 401-782-2400. After hours or on the weekend please email info@seamistmedspa.com with EMERGENCY DR. SIMPSON.