

Laser Hair Removal Instructions

Pre-Treatment Instructions:

- Please try to refrain from wearing any makeup to your appointment.
- Treatment can NOT be performed on recently sun exposed skin or sun tanned skin. ○ Avoid active sun exposure and tanning beds for approximately 2 weeks prior to the treatment. Use a broad spectrum SPF 30+ daily.
 - Avoid the use of self-tanners on the area being treated for approximately 2 weeks prior to the treatment.
- Please shave the area that you want to treat the day before/of your treatment. ○ Do not tweeze, wax, or use depilatories in the area you're looking to treat for 4 weeks prior to treatment, as it 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 the treatment.
- Botox and/or facial fillers within 48 hours prior to your treatment is not recommended. ○ Notify SeaMist MedSpa if you have used Accutane (oral acne medication) within 6 months prior to the 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 treat. Ex. hot tubs and saunas. Skin may appear red in the treated area after a hot shower/bath. Warm water is recommended.
- Do not exfoliate or use harsh scrubs on the treated area for the first 24 hours.
- Avoid Retin-A, Glycolic/Salicylic and Alpha-Hydroxy Acids for the first 24 hours. ○ 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 every 4-8 weeks (depends 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 is common and typically resides within the hour. More sensitive skin types may appear red for 24-48 hours post treatment. ○ If skin irritation/itching occur, apply Hydrocortisone Cream (found at CVS) to the area 2-3 times a day.

*After hours or on the weekend please email info@seamistmedspa.com with EMERGENCY DR. SIMPSON