

LASER HAIR REMOVAL:

Pre Care Instructions:

- Avoid prolonged sun exposure for 4 weeks before treatment. Wear a total block sunscreen with SPF 30 or greater. If there is a suntan and direct sun exposure, complications can occur.
- Do not apply sunless tanners for at least 2 weeks before treatment.
- Discontinue antibiotics for 2-3 weeks prior to treatment.
- Discontinue retinoids for 1 week prior to treatment.
- Avoid tweezing and waxing at least 2 to 3 weeks before your appointment. These hair removal methods remove the hair follicle, which will make the laser treatments less effective.
- Have a clean shave to the area being treated prior to your appointment.

Post Care Instructions:

- You may resume your workouts the next day.
- Quick, cool showers are recommended. Hot baths are not advised for 24 hours.
- Cold packs, aloe-vera, or any other cooling preparation may be used to ease temporary discomfort.
- Makeup can be applied after treatment as long as the skin is not broken. Mineral makeup is recommended.

What to Expect Post Treatment:

- You may notice small "pepper spots" in the area that was treated. This is the base of the hair and will shed in the next few weeks. If it does not shed after 2-3 weeks you can try mild exfoliation. Otherwise these should resolve with your next treatment.
- Redness, swelling, or welts may appear over the treatment area. This resolves in the next few hours to day.
- Small blisters, crusting, or scabbing can occur. If blisters appear, apply an antibiotic ointment and notify Spaderma. The area should be kept lubricated.
- Increase or decrease of skin pigmentation may occur and typically lasts about 1 to 3 months.
- Activation of cold sores can occur. If you have a history of cold sores, you may wish to minimize this side effect by taking your medication before treatment.
- Bruising or scarring can occur, but it is rare.

Complications:

- **Bleeding or infections.** If you are experiencing bleeding and blistering, please call our office.
- **Reticulate erythema** is a rare side effect resulting in a net-like pattern of redness in the treated area. It is not painful and may resolve over time, but you must notify Spaderma and may need to discontinue laser hair removal.
- **Paradoxical increase in hair** - Unexplainable increase in hair growth is a rare side effect of laser hair removal; the cause of this event remains widely unknown. Paradoxical hypertrichosis has a very low incidence and most commonly occurs on the face and neck especially in individuals with darker skin types (III-VI); with dark, thick hair; and with underlying hormonal conditions. Treatment for paradoxical hypertrichosis is laser therapy of the affected area. It is possible that treatments may become more maintenance therapy than permanent results. In some cases discontinuing laser therapy is recommended. **If you notice this please bring it to the attention of your technician immediately.**
- **Pigment changes** - In rare cases the treated area may heal with increased or decreased pigmentation. This occurs most often with the darker pigmented skin and after exposure of the area to the sun. The treated area **MUST** be protected from exposure to the sun with sunscreen for 2 to 3 weeks post treatment to minimize the chances of hyperpigmentation. However, some pigmentation changes may occur even if the area has been protected from the sun. These spots usually fade in 3 to 6 months. In other cases, reduction of pigment (hypopigmentation) may occur, but it is very uncommon. Please inform your technician immediately if you think you have pigmentation changes. **In rare cases the pigment change can be permanent.**