Member
AMERICAN SOCIETY OF PLASTIC SURGEONS

KIRWAN
PLASTIC SURGERY

THE AMERICAN SOCIETY FOR AESTHETIC PLASTIC SURGERY

Name: DOB: Date:

Recommended Pre & Post Care for Laser Hair Reduction Treatments

For best results please follow these instructions

Before your treatment:

- Hair should be cleanly shaven two days prior to treatment
- Do not wear makeup on the treated area the day of treatment
- No sun-tanning or self-tanners 4 weeks prior to treatment
    - Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- You must be off Accutane for six months prior to your treatment
- You must be off retinols three to five days prior to your treatment
- Some medications or supplements may increase the risk bruising. Consult with your physician
- No waxing, plucking, tweezing or use of depilatories at least 4 weeks prior to treatment
- Some body parts may require a longer wait time
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (chemical peels, scrubs, etc.)
- Notify us with any changes to your health history or medications since your last appointment
- History of herpes or cold sores may require an anti-viral prescription prior to treatment

After your treatment:

- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen
- Redness and perifollicular edema (looks like a rash/bug bites) are common and resolve with time
- Bruising and swelling are less common but may occur and will resolve with time
- Hair may take up to 2 weeks to fall out
- Avoid heat – hot tubs, saunas, etc. for 2 days post-treatment
- Avoid skin irritants (examples below) for five days post-treatment
    - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
- Do not wax, pluck, tweeze or use depilatories between treatments
- Notify us of any concerns (blistering, excessive redness/swelling, etc.)
- Hair removal requires a series of treatments. A minimum of six treatments is required to address the hair growth cycle.
- Consult with us about when to resume skin care regime.

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