

PATIENT INSTRUCTIONS

TREATMENT INSTRUCTIONS:

1. Avoid the sun 4-6 weeks before and after treatment, or upon your practitioner's release to do so.
2. You **MUST** avoid bleaching, plucking or waxing the hair for 6 weeks prior to treatment.
3. If you have had a history of perioral herpes, prophylactic antiviral therapy may be started 4-6 weeks before treatment. **TAN SKIN CANNOT BE TREATED!** If treated, you will have hypopigmentation (white spots), which may not clear for 2-3 months or more. Also, use of tanning cream must be discontinued one week before treatment.

INTRAOPERATIVE CARE

1. The skin is cleaned and shaved or left with a couple days new growth. The use of anesthesia is optional.
2. When treating the upper lip, the teeth may be protected with saline-soaked gauze. This gauze also serves to support the lip during treatment, allowing a surface to push against.
3. Epidermal melanocytes compete as the chromophore (target) for the 7555 nm wavelength with melanin at the target site. The DCD, or cooling device, will be used with the laser to minimize epidermal damage.
4. Safety considerations are of extreme importance during laser procedures. The patient and all personnel in the operative suite will wear protective eyewear during laser procedures to reduce the chance of retinal damage. The hair to be treated is shaved or trimmed short to reduce the chance of fire that can be initiated if anesthesia or oxygen is used near the treatment site. Additional precautions are taken if this situation is present.

POSTOPERATIVE TREATMENT CARE

1. Immediately after treatment there may be erythema (redness) and edema (swelling) at the treatment site, which may last up to 2 hours, or longer. The erythema may last up to 2-3 days. The treated area will feel like a sunburn for a few hours after treatment. The application of ice during the first few hours after treatment will reduce the discomfort and swelling that may be experienced.
2. Antibiotic ointment may be used for 3-4 days but usually is not necessary. Some practitioners recommend only aloe vera gel, or ice, after treatment. Darker pigmented people may have more discomfort than lighter skin people and may require the aloe vera gel or antibiotic ointment longer.
3. Makeup may be used immediately after the treatment unless there is epidermal blistering. It is recommended to use **NEW** makeup to reduce the possibility of infection.
4. Avoid sun exposure to reduce the chance of hyperpigmentation, or darker pigmentation. Use sunscreen (SPF 30 or greater), at all times throughout the course of treatment.
5. Avoid picking or scratching the treated skin. Do not use any other hair removal treatment products or similar treatments (waxing, electrolysis or tweezing) that will disturb the hair follicle on the treatment area for 4-6 weeks after the laser treatment is performed.
6. Call your practitioner's office with any questions or concerns you may have after the treatment. Hair re-growth will not occur for **AT LEAST** three weeks after treatment. Call for an appointment at the first sign of hair re-growth. This can mean within 4-6 for the upper body treated, and possibly as long as 2-3 months for the lower body treated.
7. Anywhere from 5-14 days after the treatment, *shedding* of surface hair may occur, appearing as new hair growth. This is **NOT** new hair growth. You can clean and remove the hair by washing or wiping the area with a wet cloth or Loofa sponge.
8. After the axillae (underarms) are treated, use a powder, instead of deodorant, for 24 hours after the treatment to reduce skin irritation.
9. There are no restrictions on bathing for the first 24 hours except to treat the skin gently, as if you had sunburn.

10. In the event of a reaction, swelling or severe discomfort, please contact the office at (262) 653-5411.