Procedure instructions

Laser Hair Reduction Treatments

Pre-Care

- 3 Months Prior to Appointment:
    - Roaccutane (Isotretinoin) must be stopped, if being taken.
- 4 Weeks Prior to Appointment:
    - NO exfoliating or tanning.
    - Limit sun exposure and apply SPF 50 every 2-3 hours.
- 2-3 Weeks Prior to Appointment:
    - NO self-tanning.
- 5 Days Prior to Appointment:
    - STOP all active ingredient skincare. Eminence Stone Crop products or Cetaphil are recommended.
- 2 Days Prior to Appointment:
    - STOP Hydroquinone and Lytera.
- Night Prior to Appointment:
    - Men need to be clean shaven. Women need to dermaplane or shave.
- Day of Appointment:
    - Please arrive 5-10 minutes before the appointment time with a clean makeup free face.
- Inform Emerge if:
    - Ill and need or have been on antibiotics within 2 weeks prior to treatment.
    - On any antidepressants, antifungal drugs, antibiotics, and antihistamines, as certain ones can cause photosensitivity.

Post-Care

Laser Hair Reduction Post-Care

- Day 1:
    - The treated area will be red and swollen and feel like a sunburn for a few hours.
    - You may apply cold compresses for 15 minutes each hour for 4-5 hours.
        - Ice water compresses, aloe gel or hydrocortisone cream to ease irritation.
    - Avoid hot showers, saunas, pools, hot tubs, steam rooms, and exercise until day 3.
    - Makeup is okay as long as skin is not irritated.
- Day 2-3:

- - Redness should be gone.
  - Do NOT irritate the treated area chemically or mechanically. Avoid picking and scratching the treated skin.
    - Treated areas can be shaved but NOT waxed or tweezed.
- Day 5-14:
  - Shedding of the treated hair may occur and it can appear as new hair growth. This is NOT new hair growth, you can clean and remove hair by washing or wiping the area with a wet cloth.

Call for an appointment at the first sign of return hair growth. This may occur within 4-6 weeks for the upper body and possibly as long as 2-3 months for the lower body. Regrowth occurs at different rates and will not occur for at least 3 weeks post treatment.