

Vibrant Life Dr. Clark Brittain

What to Expect Before and After Laser Hair Removal

Before

1. Tanning should be avoided 4 weeks prior to the treatment, as this can have an impact on the effectiveness of the treatment. This means avoiding self-tanning creams, bronzing lotions and sprays as well. Wait for tanned skin to fade before beginning treatment.
2. Avoid Plucking, bleaching, or waxing 4-6 weeks prior to treatment, Preserving the root and pigment of the hair is important for the success of the laser hair treatment. If you do pluck, bleach or wax the hair prior to a treatment, you risk the hair not entering into the re-growth phase. If this happens, there would be nothing for the laser to aim to.
3. Make sure to shave the area where you want the hair removal done a day or night before the treatment. Shaving prior to the treatment will prevent thermal injury to the surface of the skin.
4. Wash the area being treated completely and remove any kind of oil present on the skin.
5. No lotions, oils, or make-up on the skin in the area to be treated 24 hours prior to the treatment. If you are having a treatment to the under-arms- no deodorant prior to treatment.
6. Each area may require between 4-6 treatments for desired results.

After

1. Your skin may be slightly red immediately following the procedure. This typically lasts from a few minutes to several hours. There may also be mild skin swelling, redness, itchiness, or irritation for up to 48 hours post treatment. Topical hydrocortisone, oral antihistamine or Benadryl can be used.
2. 30spf + Sunscreen should be used post procedure to treated areas to avoid burning. Your skin is going to be a bit more sensitive immediately following your laser hair treatment, so sunburn will be a lot worse than it would be if your skin is normal
3. Shaving is fine post treatment but do not tweeze, pluck or wax. Pulling out hair follicles after your procedure can hinder the process. Your unwanted hair needs to fall out on its own in order to see the best results.
4. For 24-48 hours post treatment, take lukewarm showers. Avoid hot baths or hot tub soaks.
5. No tanning for 3 weeks post laser!
6. Apply cool compress as needed.
7. No laser can claim to have achieved “permanent hair removal,” but medical grade lasers can achieve permanent hair “reduction” with approximately a 70%-90% reduction in hair growth. These results are dependent on the individual and can be influenced by such things as skin type, hair color, and hormones.