# Pre/Post-Injection Advice for Laser Hair Removal

## Pre-Treatment Preparations

- Avoid skin irritation or intentional skin tanning. Sun-screen is advisable when outdoors during daylight hours.

- Discontinue any irritant topical agents for 2-3 days prior to treatment.

- Arrive for treatment with clean shaved skin. No lotion, make-up, perfume, powder, or bath/shower oil should be present on the skin in the area to be treated.

- Pre-treatment in cases of known individual hypersensitivity, such as antihistamines for known allergy or Acyclovir for patients with a history of herpes simplex, should be prescribed.

**Post-Treatment Care**

- Cooling the skin post-treatment can reduce discomfort and excessive skin response.

- Avoid applying any product to the treated area that would not be suitable for an open wound. If possible, do not apply any products for the first 12-24 hours. The treatment creates open channels in the skin, which can inadvertently serve as an

entry point for such products. If this occurs, medication/active ingredients can penetrate the skin and lead to an allergic reaction, prolonged healing time, excessive swelling, and granulomas. Ensure that any products applied to the treated area are specifically recommended for use in this context.

- Allergic reactions due to topical anesthetics or post-treatment product application may require the administration of special care to minimize skin reaction.
- As soon as the craters close (1-3 days), apply moisturizer and sunscreen, and may use make-up.

- Downtime is minimal and ranges from 1-5 days, a longer time for superficial treatment and higher energy levels. Some patients hardly show any skin surface response despite future good results.

- There are no restrictions on bathing except to treat the skin gently and avoid scrubbing or trauma to the treated area.

- Avoid sun exposure to reduce the chance of hyperpigmentation.

- The use of a zinc oxide sunblock SPF 30+ at all times after 24-48 hours.

- Multiple treatments over a period of several months may be required to achieve the desired response.