

# GOOD TO GREAT

*Medical Aesthetic Solutions*  
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## **HAIR REMOVAL - PRE-TREATMENT INSTRUCTIONS**

- Discontinue sun tanning, the use of tanning beds and self-tanning creams four (4) weeks before and throughout the course of the treatment. This will reduce the chance of skin color changes and development of new lesions.
- Always use SPF-30 or greater sunscreen on all exposed treatment areas and re-apply every two (2) hours throughout the day. Wear protective, light-occluding hats and clothing.
- Discontinue use of exfoliating creams such as Retin-A and other skin exfoliating products two (2) weeks prior to and during the entire treatment course.
- The treatment area should be shaved or closely clipped before the first and any subsequent treatments.
- Refrain from tweezing, waxing, sugaring, electrolysis or other epilation methods for at least four (4) weeks prior to treatment and for the duration of treatments.
- It is best to shave or trim excess hair during the course of treatment.
- If you have a history of herpes outbreaks in the treatment area, you should consult your Primary Care Provider for medical evaluation and possible prophylaxis prior to treatment.

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## **HAIR REMOVAL - POST-TREATMENT INSTRUCTIONS**

- A mild sunburn-like sensation is expected. This usually lasts 2 to 24 hours but can persist up to 72 hours.
- Apply cool gel packs or cool wet cloths to the treatment areas for 15 minutes every 2 to 4 hours until the symptoms subside.
- Bathe or shower as usual. Treated areas may be temperature sensitive. Cool showers or baths will offer relief.
- Avoid aggressive scrubbing, use of exfoliants, scrub brushes and loofa sponges until the treatment area has returned to its pretreatment condition.
- Avoid sun exposure to treated areas, as well as the use of sun tanning beds and self-tanning creams.
- Use a SPF-30 sunscreen if sun exposure is unavoidable. Sun avoidance will decrease likelihood of skin color changes.
- Appearance of hair growth or stubble will continue for 7 to 30 days post-treatment. This is not new hair growth, but the treated hairs being expunged/purged from the skin.
- Hairs that were in the resting phase at the time of treatment may enter the active phase in 1 to 6 months, depending on the body area.
- Follow-up treatment may be performed within 1 to 2 weeks of new hair growth.
- Avoid swimming, hot tubs/jacuzzis, and excessive exercise for 7 days after treatment or until redness resolves.
- If blisters occur, apply antibiotic ointment to the area two (2) times a day until healed.
- Do not pick or remove scabs or crusting; this will help decrease the chance of infection and scarring.
- A non-steroidal anti-inflammatory such as acetaminophen will help reduce discomfort. Take according to manufacturer's recommendations.