



# Laser Hair Removal

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## Laser Hair Removal Preparation Guidelines

### On the day of treatment:

- Shave the desired area of treatment two to twelve hours prior to your appointment.
- Do not use make-up prior to treatment.
- For treatment of underarms, avoid using de-odorant or make sure you remove the deodorant before the treatment.
- Dress in light color clothes.

### Things you should know prior to laser hair removal treatment:

- We may not be able to treat people with certain diseases. Provide your medical history at the time of consultation.
- We do not treat pregnant women even though laser is said to be safe as there are no studies performed to confirm this.
- We do not treat pre-teens as the effectiveness of treatment is not known in this age group.
- Treatment on top of botox or dermal fillers (like restylane, hylaform) can be performed after waiting for two weeks.
- Tattoo is covered for the treatment as that area cannot be treated.
- Treatment cannot be applied to hair on moles.
- Treatment can be performed after waiting for four weeks following tanning.
- It may take four to six treatments and sometimes up to eight treatments to achieve satisfactory results.
- Hair goes through three stages of development. In anagen, which is the active stage, the hair will respond effectively to the treatment. At any given time, only a third of the hair are in this stage. For this reason, it is necessary to space the treatments approximately six weeks apart for body area and four weeks apart for facial area.

### Don'ts:

- Don't pluck, wax or use depilatories at least four to six weeks prior to treatment for effective results
- Don't use accutane six months prior to treatment.
- Don't use photosensitive prescription medicines like - Tetracycline, Doxycycline, Gold Therapy, Retin A etc. six to ten days prior to treatment. Provide your medication list to the physician.
- Don't tan before or after a treatment. Tanning prior to a treatment can interfere with the absorption of laser light and may cause unusual lightening of the skin and can cause burn injury.
- Don't use artificial tanning lotions because the perceived darker pigmentation may also interfere with the absorption of the laser on the skin causing unusual burns and bumps.