

Laser Hair Reduction

Overview:

The Lightsheer diode laser system delivers pulsed infrared light intended for semi-permanent hair reduction. Laser light is generated in the hand piece by the laser diode arrays and exits at the sapphire chill tip. Typically, a series of 6 treatments is recommended, but results vary from person-to-person. Depending on your skin type and hair, you may need more than the recommended series. Treatment regimens are as follows: Face 2-4 weeks, Body 4-6 weeks, Legs-6-8 weeks.

Pre-Treatment:

- Avoid direct sun exposure, tanning, spray tanning, and self tanners for 4 weeks prior to treatment
- If you have a history of cold sores or the HSV-1 virus, you will need a prescription prior to your appointment for an antiviral medication. Follow the instructions on the bottle as directed by your medical provider
- Discontinue the use of prescriptions that contain Retin-A (tretinoin) 3-5 days prior to treatment on the face. This includes: Renova, Differin, Tazorac, EpiDuo, and Ziana
- Avoid treatment if you are pregnant or lactating
- Avoid waxing, tweezing, threading, and sugaring 4 weeks prior to treatment
- Please shave your hair the day of the treatment. A charge of \$50 will apply if we shave a large body surface area in office. Your laser technician will let you know at the time of your visit if this will apply
- For females, we recommend numbing cream for the extended bikini line and Brazilian bikini area
- For males, we recommend numbing cream on the face, neck, partial back/chest
- Numbing cream is applied to the treatment area for 30 minutes prior to treatment for areas needed

**Please note that for your safety, we are limited to the amount of numbing cream that can be applied to the skin, as too much numbing cream can become toxic to the system. We are also happy to provide you with ice packs during and post treatment.*

Post Treatment:

- Apply a daily sunscreen with a zinc base and a 30 SPF or higher; avoid direct sun exposure
- Avoid direct sun exposure, tanning, spray tanning, and self tanners for 1 week post treatment
- After treatment, the area may feel similar to a mild sunburn. Mild redness and discomfort, tenderness, dry skin, irritation and local swelling are also common side effects.
- Blistering may occur, but is rare. Should this happen, apply Aquafor Healing Ointment to the treatment site and call us immediately for assistance with proper wound care
- Avoid lotions, perfumes, and deodorant post treatment for 24 hours
- Paradoxical hair growth may occur, but is rare. This occurs when the energy from the laser stimulates or "activates" inactive hair follicles. If this happens, it may appear as if an area has been skipped over. Do not be alarmed if this happens. It will simply be treated during your next visit
- Avoid pools, hot tubs, saunas, and extreme physical activity for 48 hours
- Avoid harsh rubbing or scratching the area. For irritation, you may apply a 1% hydrocortisone cream to the area 1 to 2 times daily for 3 days to calm and soothe the skin
- Cleanse treatment area with mild products such as Vanicream, CeraVe, or Cetaphil for 48 hours