

PRE & POST TREATMENT CARE FOR HAIR REMOVAL LASER THERAPY WITH THE GENTLELASE® LASER

BEFORE

1. You must avoid sun exposure on the treated area(s) for one month before laser treatment. ***Your skin cannot be tanned before a treatment.***
2. The hair must be shaved completely on the morning of treatment.
3. Topical anesthetic cream can be used. These products are over the counter (no prescription needed) but you may have to ask for them: LMX 4% or Emla creams. You may purchase them from the pharmacy or us. One large tube should cover a small area for several treatments.
4. Approximately one hour before treatment apply the topical anesthetic cream (do not rub in completely, leave a thin layer of cream) and cover with plastic wrap (e.g. Saran Wrap®).

AFTER

The treated area is very delicate and should be treated gently. To prevent any complications, please follow these instructions.

- **The treated area cannot be exposed to the sun.** A broad spectrum (UVA/UVB) sunscreen of SPF 30 or higher should be used when exposed to the sun and throughout your treatment period.
- Pigmentation (brown spots) may occur after the treatment. If this occurs: Avoid sun exposure and we can prescribe a topical bleaching cream to help lighten the area.
- Do not scratch or rub the treated area.

Care of the treated area:

1. Apply steroid cream (prescription) twice a day for 2 days beginning, immediately after your treatment. **Please bring your tube with you for each treatment.**
2. Moisturizer or Petroleum Jelly, should be applied throughout the day to keep the area moist.
3. Do not rub the treated area with a face cloth or towel. Pat the area gently to dry. Do not shave the area if crusting is present.
4. If the area develops a crust or scab, keep the area moist with ointment until the crust or scab falls off on its own. Do not pick at the area.
5. If makeup is used, it must be applied and removed delicately. Irritation to the area can increase the chance of scarring.
6. If the area looks infected (pus), or blistered, please contact the office, as an antibiotic may need to be prescribed.

◆◆ Please contact the office if you have any questions or concerns regarding your laser treatment.◆◆