



Aftercare Instructions for Hair Reduction

Please remember that aftercare is under your control and what you do has a direct effect on the success of your treatment. For optimal results, and to minimize the chances of adverse effects, please adhere to the following instructions and recommendations:

After Your Treatment:

- **MOISTURIZE:** After hair treatment, moisturize the treated area at least three times daily for three to four days. This will reduce irritation and minimize the chances of folliculitis.
- **BE GENTLE:** Avoid bathing in hot water (bath or hot tub) or swimming (pools and ocean) for at least three days. Take only short, cool or lukewarm showers and **DO NOT** scrub the area. After showering, gently pat the area dry and avoid rubbing with your towel.
- **NO SUN:** Avoid sun exposure and tanning beds! Wear a sun block with an SPF 45 or higher every time you are outside.
- **NO IRRITANTS:** Avoid irritants such as astringents, toners, Retin-A (or other prescription retinoids or OTC retinols), harsh soaps, medicated washes, scrubs, peels, and other exfoliates for at least one week after your treatment. **DO NOT** scrub/rub the area.
- **NO PLUCKING:** After hair reduction treatments, do not pluck or pick at hairs that are in the process of falling out. Let the hairs fall out naturally (this will happen over the next five to 15 days).

Other Notes:

- **FOR DISCOMFORT:** If you experience redness, swelling, or minor burns/crusting, apply cool ice packs to the treated area, on and off, every three to five minutes for one to two hours (do not apply ice pack for more than five minutes at a time). You can also apply the Post Laser Cream, Vaseline, or Aquaphor to the affected area up to three times a day until it resolves.
- **FOR ITCHING and/or SWELLING:** If you experience itchiness and/or swelling you may take liquid Benadryl, Allegra or Claritin (available over-the-counter) as needed for up to three days. Liquid Benadryl, Allegra or Claritin can also be taken before your next appointment. Also apply the Elta MD Post Laser Cream twice daily for three days. You may also apply Vaseline or Aquaphor.
- **FOR MICROCRUSTING:** Do NOT rub or scrub the area. Simply apply Vaseline or Aquaphor and contact us for more info.
- **TIMING:** For hair removal only: Hair grows in three stages (anagen, catagen and telogen) and is most susceptible to hair reduction in the anagen phase. We'll let you know when you should return for your next treatment based on the area you are having treated.
- **GOALS:** Remember that your goal is improvement, not perfection. Fine hairs, blonde hairs, "peach fuzz", red hair, white hair and grey hair will likely never go away completely with hair reduction treatments and not all signs of photo-aging will completely disappear with treatment. Additionally, hair may return in the future and you may need "touch up" or "maintenance" treatments.
- **FACIAL and NECK HAIR:** Facial hair and neck hair results can be challenging - If you have hair that is not responding to treatments we may recommend that you see your primary care physician to have your hormone levels checked. Some hair will never go away completely but can be reduced and maintained with an occasional treatment.

Before Your Next Treatment (precare instructions):

- Avoid waxing, hair removal creams or chemicals, tweezing, bleaching or electrolysis for at least six weeks prior to your treatment. It is normal for hair to grow in the area treated between treatments so you may continue to shave once you are no longer sensitive.
- For hair removal only: Please shave the area to be treated up to 24 hours (depending on the instructions you are given) prior to treatment only in the direction that the hair grows. You will be processed a \$25 fee if you present unshaven. If the area being treated has fine hair (such as the upper lip) and you are uncomfortable shaving, you may closely trim the area with scissors.
- Avoid all sun exposure! This includes **tanning beds, incidental sun, spray tans & self-tanners**. Wear sunscreen on the area being treated! Tan skin has a higher risk of adverse side effects and you may be required to reschedule your appointment if you are tan.
- Remove makeup and sunscreen on the area to be treated before your treatment. They may be reapplied after treatment.
- If you have a history of oral herpes (cold sores), antiviral medication must be started 24 to 48 hours before your treatment. This medication is taken to prevent an outbreak after your treatment and must be continued for three to five days.
- A topical anesthetic cream may be applied just prior to your next treatment. Apply this cream sparingly and only to the area where pain is expected to occur. Do not apply this cream to broken/irritated skin or mucous membranes (mouth, vagina, anus). If the area is larger than a palm size, we will apply it for you. Do not operate a motor vehicle while wearing this cream and do not wear cream for more than 30 minutes. Keep cream out of the reach of children & use only as instructed as improper use can have very serious health consequences including fainting, coma, irregular heart beat and possibly death.
- Please remember that it is your responsibility to notify us if there you are on any new antibiotics or other photosensitive medications prior to your next treatment. We may need to postpone your treatment by two weeks (or more) if you are on a medication.
- The reduction process will take multiple treatments usually spaced three to eight weeks apart but we may also ask you to return sooner so we can assess the treated area. Please kindly let us know at least **three days in advance** if you need to reschedule.

In the very rare event that you experience any signs of infection such as drainage, pus, excessive redness, swelling, fever, blisters, foul smelling discharge or extreme tenderness of the treated area please contact your regular physician. In addition, please call us at 713-783-2000 so we can access how to proceed.

My signature below signifies that I understand that aftercare and precare is under my control and has a direct effect on the success of the healing process and the results of my treatment. I understand that following the above instructions will minimize the chances of adverse effects but adverse side effects may still occur and I agree to treatment knowing that risks are involved. I have been given a copy of these instructions, I understand them fully, and I agree to adhere to all of them. All of my questions, if any, have been asked and answered.

Print Name

Signature

Date