



*Beauty, laser & wellness center*  
Monica Bonakdar, MD

## **Laser Hair Removal Treatment Instructions**

### **Before Your Treatment**

1. Do not wax, tweeze, use depilatories, undergo electrolysis or bleach for 6 weeks prior to your treatment to prevent ineffective results. Shaving does not affect treatment area and is permitted.
2. Do not have sun exposure (in the areas being treated) for a minimum of two weeks prior to or use a tanning booth for 6 weeks prior to treatments to prevent pigmentation changes and scarring. Use an SPF30 sunscreen to protect the treatment area prior to treatments.
3. If you have a history of herpes infection in the area to be treated, you will need to take your antiviral medication. This can be prescribed by Dr Bonakdar.
4. If you choose to minimize discomfort of your treatment, you may purchase anesthetic cream for \$40 per 1 oz jar.

### **On Treatment Day**

1. Shave unwanted hair as closely as possible without damaging the skin surface prior to arriving at the office.
2. If numbing prior to arriving at the office, apply a thick coat of the anesthetic cream to the area to be treated and to a one-inch margin beyond the area of treatment.
3. Then, cover the area with plastic saran wrap to prevent rubbing off on clothing. Saran wrap is not necessary for Laser Hair Removal on the face.

### **After Your Treatment**

1. Immediately after treatment, you may notice some redness. This is normal about and resolving the same day. If desired, over the counter hydrocortisone cream may be used to minimize the symptoms. Sometimes we will prescribe a prescription steroid cream in order to avoid complications if your skin reaction to Laser Hair Removal was excessive. This cream can be purchased at our office.
2. Avoid hot water, all astringents and irritants until redness or irritation resolves.
3. The treated areas should be protected from direct sunlight or tanning booth to prevent skin discoloration for one week. Sunscreen with an SPF of 30 should be used and can be purchased from our office.
4. Hair will start to fall out of the follicles within one to two weeks. In order to speed this process along, gentle exfoliation in the shower with a loofah or a washcloth is recommended after redness resolves.
5. Book your next treatment prior to leaving the office.