



## **PRE AND POST CARE FOR LASER HAIR REDUCTION & PROCEDURES**

### **PRE:**

- Avoid the sun for 4-6 weeks before and after treatment.
- Avoid electrolysis, plucking, and/or waxing for 6 weeks prior to treatment.
- Shave the day prior to hair removal treatment.
- If you have a history of herpes, prophylactic antiviral therapy must be started the day before treatment and continued one week after treatment.
- The use of tanning creams, tanning beds, or bronzers must be discontinued at least 1 week before and during treatments.
- Several treatments at recommended intervals may be required for optimal results. Package discounts are available.

### **POST:**

- Treat your skin gently for at least 24 hours after your treatment.
- Common side effects include temporary redness and mild "sunburn" like effects that may last anywhere from a few hours to 3-5 days.
- Apply ice as needed.
- Hydrocortisone may be used for 3-5 days post treatment.
- No prolonged heat for a minimum of 48 hrs. post treatment (no exercise, saunas, steam rooms, Jacuzzis, extremely hot showers, or strenuous activities).
- Use sunscreen with SPF 30 or higher.
- Freckles may temporarily or permanently disappear in treated areas.
- Other potential risks include crusting, itching, bruising, burns, infection, scabbing, scarring, swelling, and failure to achieve the desired result.
- Avoid sun exposure to prevent hypo-pigmentation and hyper-pigmentation. Pigment changes, including hypo-pigmentation (lightening of skin) or hyper-pigmentation (darkening of skin) lasting 1-6 months or longer, may occur.
- Avoid picking or scratching the treated areas. Please do not use any hair removal products or similar treatments (i.e. electrolysis, plucking, or waxing). Those will disturb the hair follicle. Shaving is permitted.
- Up to 2 weeks post treatment you will notice shedding of the treated hair. This is not new growth. You can clean and remove the hair by washing or wiping the area with a wet cloth.
- Questions/comments/concerns? Give us a call at 406-488-5000 or email [info@esprithealthclinic.com](mailto:info@esprithealthclinic.com)
- We appreciate your business and are proud to help you achieve your health and wellness goals!