



AESTHETIC FACIAL PLASTIC SURGERY PLLC
DR. PHILIP YOUNG, MD

Pre- & Post Hair Removal Instructions and Home-Care Regimen

Pre-Hair Removal Regimen:

- Avoid sun exposure or tanning beds to the area being treated. The laser may be less effective on burned or tanned skin.
- Discontinue the use of Retin-A, Renova, Retinol, Differin, Tazorac, Tretinoin, Glycolic, and Alpha-Hydroxy (AHA) products 72 hours (**three days**) prior to laser treatment.
- Discontinue waxing, bleaching, tweezing, depilatories or electrolysis for 4-6 weeks prior to treatment. You may shave or trim the area.
- If you have a history of cold sores, viral infections or herpes, you will need to take Valtrex, Famvir, or Zovirax for three days, starting 24 hours prior to treatment. If you do not have any medication, call us for a prescription.
- The hair on the area to be treated must be less than ¼" long on the day of your treatment.
- Some people feel more comfortable if they have taken a pain reliever before the treatment. You may take ibuprofen (Advil) 20 minutes before the treatment.

Post-Hair Removal Regimen:

- The area must be treated with care. **BE GENTLE!** Do not scratch or pick at your skin
- Swelling, redness and tenderness are all normal side effects after laser treatment. Discomfort will usually not last longer than six hours. You may take Tylenol. Apply a cold compress or ice wrapped in a soft cloth as needed for a few hours. You may apply 100% pure Aloe Vera to soothe irritation.
- Use a mild cleanser until the area is totally healed. Do not use exfoliating cleansers, face cloths or loofah sponges, glycolic, vitamin C, or acne products for one week. Wash gently using just your fingertips.
- You **must** avoid sun exposure. As soon as the redness subsides, use a broad-spectrum sun block with SPF 30. Otherwise, the area may develop a brown discoloration.
- Do not wax, bleach, tweeze, use depilatories, or have electrolysis done in between laser treatments. This may hinder your results.
- It is best to avoid makeup until all the redness has resolved. If makeup is applied and removed while the skin is still red there is an increased risk of scarring or skin irritation.
- Crusting can occur in up to 10% of cases. The area can crust during the first several days and may last up to two weeks. If this happens, you should:
 1. Apply an antibacterial ointment, such as bacitracin, twice daily and allow the crust to fall off naturally.
 2. Call us if the area develops blisters or if it opens up and looks infected.
 3. A non-adherent dressing, such as Telfa, may be applied if there is a chance of rubbing or injury to the treated area.
 4. Do not use makeup until the crusting has totally cleared. **BE GENTLE!**

If you have any questions or concerns, please feel free to call the office.