

Pre- & Post-AFT Hair Removal Instructions and Home-Care Regimen
Dermatology Associates, P.C.

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.
- A numbing cream can be used prior to treatment. You may purchase Topicaine from us (apply to area 30 minutes before treatment) or Elamax from your pharmacy 60 minutes before 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 Skin Solutions Aloe Cort Cream to the area twice daily for up to one week or until the area has healed.
- Use a mild cleanser such as Skin Solutions Ultra Gentle 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 such as Skin Solutions Elite Sunscreen SPF 30 with 17% Zinc on the treated area. Otherwise, the area may develop a brown discoloration.
- Do not wax, bleach, tweeze, use depilatories, or have electrolysis done in between laser treatments.
- 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!**

A post-treatment skincare kit, including Skin Solutions Elite Ultra Gentle Cleanser, Aloe Cort Cream, and Elite Sunscreen SPF 30 with 17% Zinc, is available to our laser hair clients for \$55.00

  *75% of patients achieve 75% permanent hair removal*  

Please call us at 781.762.5858 x322 if you have any questions or concerns.