

The Michael Horn Center
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Pre & Post Treatment Instructions

Laser Hair Removal Treatment

Before Laser Hair Removal Treatment

- Avoid aspirin or other blood thinning drugs (vitamin E, Ginkgo Biloba), ibuprofen, or arthritis medication for 14 days BEFORE and AFTER treatment. These medications can lead to excessive bruising.
- DO NOT use Retin-A, Alpha-Hydroxy or Glycolic Acid products for at least 48 hours before and after any hair removal treatment.
- DO NOT take Accutane six months before and after laser hair removal.
- Shave treatment area 1 day prior to your appointment.
- Do not apply lotions or deodorant to area before appointment.
- No self tanners for at least 4-6 weeks.
- Remove any make-up from the treatment area.
- Do not wax, tweeze, or pluck hair 4 weeks before your treatment or in between treatments.

After Laser Hair Removal Treatment

- Avoid bathing or washing with very hot water.
- You may resume your normal daily activities immediately, but avoid strenuous aerobic, hot tubs, saunas, or exercise for the first 24 hours after treatment.
- Avoid direct sun exposure after your treatment. If you do go in the sun, protect the treated area with a sunscreen of 30 SPF or higher.
- DO NOT take Accutane six months before and after laser hair removal.
- You may use deodorant 24 hours after underarm laser hair removal treatments.
- Anywhere from 5-30 days after your laser hair removal treatment, shedding of the hair may occur and may appear as new hair growth. This is not new hair growth, but stubble or dead hair pushing its way out of the follicle.

Warning

There may be some degree of swelling immediately post treatment; however, if you have excessive swelling or any of the following signs of infection, you should contact the office immediately. Signs of infection include:

- Drainage – looks like pus
- Increased warmth at or around the treated area
- Fever of 101.5 or greater

For any questions or concerns, please contact us by phone, or by our online patient platform Klara. If you need to provide additional information such as photos, you may use the attachment button (small paperclip) in the bottom right corner of your app. This will take you directly to your photo gallery of your device.