

Cosmetic Laser Center of Irvine

Light Sheer Laser Hair Removal

Pre & Post Procedure instructions

Thank you for choosing The Cosmetic Laser Center of Irvine. In our ongoing efforts to provide you with the best possible service we ask that you carefully review these Pre and Post Treatment instructions and ask any questions necessary to help you fully understand it. If you have any questions about these instructions, please discuss them with us prior to treatment. To obtain maximum benefit from your hair removal treatments, it is crucial that you understand and adhere to these instructions. Failure to comply with these instructions may affect your treatment outcome and increase the likelihood or severity of complications. We are confident that if you follow these instructions, you will be exceptionally pleased with the results of your treatments.

Pre-Treatment Instructions

- Please follow all guidelines set forth in this consent form. Discuss your medical history, medications, allergies, skin typing and any tendency for scarring or poor healing with your operator. Pay particular attention to the limitations and cautions sections.
- Avoid sun tanning or tanning creams for at least 4 weeks prior to treatments. This will also be required after treatments.
- Avoid Accutane (or products containing isotretinoin) for 6 months and Retin-A (or products containing tretinoin) for 2 weeks prior to treatment. Do not use glycolic acid or other alphahydroxy acid products for 1 week prior to treatment. These medications and products increase your photosensitivity, which can significantly increase the likelihood of complications.
- Avoid the use of aspirin, ibuprofen and other anti-inflammatory or blood thinning medications at least 3 days prior to treatment, as these will increase the likelihood of bruising.
- Do not have any open sores or skin infections in the treatment area.
- For treatment of pigmented skin lesions, you should consult a specialist if there is a family or personal history of skin cancer or if you have these concerns.

On the day of your appointment:

- Shave the area to be treated. Men should shave the beard area twice in succession in order to ensure as close as shave as possible.
- Gently wash the area to be treated removing makeup, lotion, etc. Do not apply any products to the area except a topical anesthetic if being used.
- If you elected to use a topical anesthetic, do so only after reviewing all cautions associated with its use. Apply and use as directed prior to arrival.
- If applicable, dress so that you may modestly expose the treatment area.
- Please arrive 15 minutes early for your first appointment and 10 minutes early for subsequent appointments. This will allow time for necessary paperwork and keep you on schedule. Please be on time for your appointment.
- If you need to cancel or reschedule we ask that you contact us at least 24 hours in advance. (There is a \$50.00 fee for missed appointments)
- Please discuss and understand any payment arrangements before treatments.

Post Treatment

- Transient burning sensation with redness and swelling is expected. This may last from minutes to a few days.
- If scabs develop, do not pick. Apply aquaphor healing ointment to the area until healed.
- Do not wear deodorant for 2-3 days after treatment if underarms were treated
- Do not exercise until red bumps have resolved.
- No special care is necessary except the treated areas should be protected from direct exposure to sunlight. This prevents skin discoloration. Sunscreen with SPF greater than 16 should be used all the time, as well as wearing a hat.
- Hair will start to fall out of the follicles within the next week or so.
- No tanning booth until the entire course of treatment is completed.
- Treatment should be repeated every 5 to 6 weeks.

Please call us if you have any questions or concerns. We want you to be pleased with your treatment at Irvine Laser Center of Irvine.

Signed: _____ Date: _____

Printed Name: _____