



Laser Hair Removal Pre-Operative Instructions

SIX WEEKS BEFORE LASER THERAPY

- ❖ Shaving or depilatory creams (ie NAIR) may be used at any time prior to laser therapy.
- ❖ One should avoid electrolysis, plucking or waxing of the body areas to be lasered for at least six weeks prior to therapy.
- ❖ One should avoid using sunless tanning products prior to or during laser therapy.
- ❖ Any degree of suntan may render the laser therapy less effective and increase the chances of having adverse side effects such as scarring and/or blistering. It is necessary to protect the body areas to be lasered with a sunscreen (SPF > or =15) that blocks both UVA and UVB rays.
- ❖ Pre-treatment with a prescription bleaching agent may be recommended for dark-skinned individuals. These agents should be discontinued two weeks prior to laser therapy.

4% Hydroquinone lotion (Soloquin Forte) : Apply twice daily

0.025% Retinoic acid cream (Retin A) : Apply at bedtime

ONE WEEK BEFORE VISIT

CONTACT YOUR PHARMACIST AND ASK THEM TO ORDER THIS CREAM:
ELA-MAX LIDOCAINE 4% TOPICAL ANESTHETIC CREAM (AVAILABLE FROM
FERNDALE LABORATORIES). ALTHOUGH THIS IS AN OVER-THE-COUNTER
MEDICATION, THE PHARMACIST NEEDS TO SPECIAL ORDER IT. GENERALLY, IT
WILL BE AVAILABLE THE FOLLOWING DAY. (REQUEST THE LARGEST TUBE)

ONE DAY BEFORE LASER THERAPY

- ❖ Individuals with a history Herpes Simplex virus (1.e. cold sores or genital sores) should begin taking an oral antiviral medication (Zovirax or Famvir) one day prior to laser therapy if facial or bikini areas are to be treated.

THE DAY OF LASER THERAPY

- ❖ Body areas to be treated with the laser should be clean. Makeup, moisturizers, and other lotions should be removed with soap and alcohol.
- ❖ The body areas to be lasered should be shaven either the night before or the morning of therapy.
- ❖ A **THICK** coat of the ELA-MAX anesthetic cream should be applied 1-2 hours prior to laser therapy and covered with an occlusive covering (i.e Saran wrap or Tegaderm) if possible. *NOTE Reapplication may be necessary.*
- ❖ A specific clothing item may be brought to or worn to the laser therapy session if desired (bathing suit, or underclothing).