

## LASER HAIR REMOVAL POST TREATMENT INSTRUCTIONS

You have been treated with the Cynosure Apogee 6200/Yag 1064 laser for laser hair removal. The treated area is very delicate and should be treated gently. **To prevent any complications, please follow these instructions:**

### **Precautions to take before laser therapy**

Minimize sun exposure between treatments. A broad spectrum (UVA/UVB) sunscreen of SPF 30 or greater should be applied to the area being treated whenever exposed to the sun and throughout your course of treatment. **Exposure decreases effectiveness of the laser treatment and may increase the probability of post treatment complications for Apogee 6200. May be tolerated for Yag1064 but still not recommended.**

### **Post treatment precautions**

1. Treat the area delicately. Do not rub, scratch or pick the treated area.
2. If treated area becomes tender or shows sign of infection (pus), call the office immediately.
3. An antibiotic ointment should be used if there is any blistering or break in the skin.
3. Avoid swimming, sports, and strenuous exercise for 2-3 days following treatment. If there is a purpuric (blue-gray discoloration) response, wait for the area to clear before resuming strenuous activities.
4. Do not shave the area if crusting or blistering occurs.
5. **Sun exposure is to be avoided throughout the course of treatment.** A sunscreen with an SPF of 30 or greater should be applied whenever exposed to the sun. If the skin becomes even slightly tanned **treatment will be delayed for a minimum of 2-4 weeks or until the tan has significantly faded. NO EXCEPTIONS!**

### **Care of the treated area**

1. Apply ointment to the treated area twice daily to keep the area moist in order to prevent crusting or possible scarring. If crusting develops it should be allowed to fall off naturally (no picking).
2. Gently pat the area dry. Do not rub with a towel or washcloth when bathing.
3. Discomfort, such as swelling or redness (lasting from a few hours to a couple of days) can be relieved with acetaminophen or cooling devices.
4. If makeup is allowed, it must be applied and removed delicately. Excess rubbing can open the area and increase the chance of scarring.
5. The treated hair may take up to 2 weeks before completely pushing itself out of the follicle.

***The treatment area is delicate and must be treated with care for 2-3 days following laser treatment. Please call the office with questions and concerns regarding these instructions.***