



## Pre-treatment Guidelines for Laser Hair Reduction

- Do not pluck or tweeze hair, wax, use electrolysis or sugaring within six weeks of treatment, or during the treatment course. Shaving of the area is permitted.
- Review both prescription and non-prescription medications. If possible, stop photosensitizing medications one week before considering treatment. If not possible, we will perform test spots at least 24 hours before considering treatment.
- Discontinue use of exfoliating creams and other exfoliating products two weeks prior to and during the treatment course. This includes Tretinoin and topical retinoids, (ex: Retin A, Renova).
- Those with a history of heat urticaria may develop hives with exposure to light pulses.
- If you have a history of Herpes I or II within the treatment area, you should consult your primary care physician for medical evaluation and possible prophylaxis to minimize the chance of a herpetic breakout. A small percentage of persons may experience an activation of oral herpes simplex virus infection within 5-10 days after the procedure, even with appropriate prophylaxis.
- If you have recently received a Botulinum injection, such as Botox, in the treatment area, you should wait a minimum of 2 weeks before performing facial light based treatments.
- If treating over a pigmented lesion, the lesion must be diagnosed as benign by a qualified practitioner prior to treatment. Inaccurate diagnosis and inadvertent treatment of a skin cancer may lead to a delay in receiving proper medical care.
- Discontinue indoor and outdoor tanning at least four weeks prior to treatment, during the treatment and four to six weeks after treatment. This will reduce the chance of skin color changes and manifestation of new pigmented lesions.
- Those with menstrual dysfunction, such as PCOS and/or ovarian hyperandrogenism, may have unpredictable results and should contact their primary care physician before a light based treatment.
- History of vitiligo, eczema, psoriasis, allergic dermatitis, autoimmune diseases, any diseases affecting collagen including Ehler-Kanlos syndrome, and scleroderma may affect response to treatment.
- Do not take Isotretinoin (Accutane) within six months of treatment.
- If you have a condition that causes a significantly compromised healing response, you should consult your primary care physician prior to any light based treatment.
- Active infections and immunosuppression compromise the healing ability of the body. Reschedule your treatment when infection is cleared or immunity is regained.

- If you are currently taking anti-coagulants or blood-thinning medications you should discontinue the use of such medications at least two weeks prior to and throughout a light-based treatment course, or as determined by your prescribing physician. Note that discontinuing of anti-coagulants should be done only with the approval of the prescribing physician.
- Treatment should only be applied to intact, healthy skin, with the exception of acne-affected skin. Reschedule treatment with open lesion has resolved.
- You are not a candidate for light based treatment if you have a history of light-induced seizures.
- Pregnancy: There is no clinical evidence at this time of fetal harm from a laser or light-based system, but the results of the treatment may be erratic or unreliable due to fluctuations in hormonal levels and physiological skin conditions.
- Blood disorders: If you have a condition that alters the ability of the blood to coagulate, you may be excluded from treatment.
- You should not have light-based treatment if you have a skin photosensitivity disorder.
- You should not have light-based treatment if you have a history of hypertrophic scars or keloid formation
- You should not have light-based treatment if you have a history of radiation therapy in the area to be treated.
- Please reschedule your appointment if you have an active bacterial or viral infection, or an inflammatory condition in the area to be treated.
- You are not a candidate for light-based treatment if you are being treated for skin cancer in the area to be treated, or have had radiation therapy in the area to be treated.