

PRE-CARE INSTRUCTIONS

- Apply SPF 30 (or higher) sunblock at all times on areas to be treated that are exposed to any sun before and following treatment. This will help to ensure the longevity of the treatment and that you can be treated on the scheduled date – your skin needs to be at its lightest stage possible.
- Shave the area to be treated within 24 hours prior to the treatment. (We can shave and prep you at the time of the appointment if arrangements are made). If treating a heavy beard, shave the morning of your appointment.
- Do **NOT** wax, tweeze or use hair removal lotions for two to four weeks prior to treatment.
- Do **NOT** intentionally tan, use self-tanners or tanning beds for at least two weeks prior to treatment.

POST-CARE RECOMMENDATIONS

Immediately after the treatment, there may be some redness and swelling in the surrounding area. This will usually subside within a few hours of treatment.

- If you experience discomfort, you may apply a cool compress to the affected area and take acetaminophen (Tylenol™).
- You may take an oral antihistamine (such as Benadryl™) or apply a topical hydrocortisone cream to the treatment area to alleviate any itching or irritation. Scratching should be avoided as it can cause complications such as infection.
- It is recommended that treated areas be protected from the sun with a full-spectrum sunblock with an SPF 30 (or higher) before, during and following your treatment series.
- If you notice dark spots beneath the skin (they look like blackheads), these are terminal hairs that need to be exfoliated. It is helpful to soak in a warm, not hot, bath (this will dilate the pores) and then exfoliate with a soft cloth or scrubbing gloves. A lotion containing salicylic or glycolic acid may also be helpful.
- The treated sites may also blister, bleed or ooze fluid. This discomfort is usually mild to moderate and fades within a week. Twice daily cleansing with mild cleanser and tepid water followed with an application of bacitracin ointment will aid in healing. It is important not to pick, rub or scratch the sites as this may lead to permanent scars or promote an infection. Please call us at the first sign of persistent pain or blistering.
- New hair growth will usually begin in about three weeks. Remember not to wax, tweeze, thread, bleach or apply chemical depilatories to the areas being treated for two to four weeks prior to treatment or at any time during the treatment series. Shaving or using clippers are the only acceptable methods of hair removal. Wait until the redness subsides before shaving again.
- Hair loss will be most evident 10 days to two weeks after treatment.
- Treatment intervals will be approximately every four to six weeks from the neck up and six to eight weeks from the neck down.



If you have any questions or concerns, do not hesitate to contact Springfield Clinic. We are here to help in any way possible!