

Pre & Post (BBL)Laser Hair Removal Treatment Instructions

Pre-Treatment Recommendations:

- Apply SPF 30 (or higher) sunblock at all times on areas to be treated that are exposed to any sun.
- 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 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.
- Avoid the use of Retin-A, alpha hydroxyl acids, or glycolic acid to the treated area one week prior to treatment

Post-Treatment Recommendations:

Immediately after the treatment (swelling) around the hair follicles in the treated area are usually noted and typically resolve completely within 24-48 hours. A sun burn sensation in the area treated is also normal and expected.

The treated area must be treated with care. **BE GENTLE!** Do not scratch or pick at your skin.

Until sensitivity has completely subsided, avoid all of the following:

- Applying make-up over the treated areas
- Use of scented lotions or soaps, deodorants, exfoliant creams (Retin-A, glycolic/salicylic and alpha- hydroxy acids), acne creams or gels, loofa sponges and aggressive scrubbing
- Hot or cold water - wash with tepid water
- Shaving
- Swimming pools and spas with multiple chemicals/chlorine or activities that cause excessive perspiration
- A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. This is typically only needed within the first 12 hours after the treatment.

- Vitamin E or Aloe Vera applied to the treatment area may provide a soothing effect.
- Post treatment discomfort is typically minimal but if the area is very uncomfortable an oral pain reliever; i.e. Extra Strength Tylenol, or anti-inflammatory i.e., Motrin, Advil may be used.
- 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.
- If the skin is broken or a blister appears, apply an antibiotic ointment like Bacitracin and **contact** the office immediately. Keep the affected area moist and avoid direct sunlight.
- In rare cases, hives have been reported after BBL hair reduction treatments. If you experience an irritated, raised rash after treatment contact the office. Benadryl may be taken to help relieve the itchiness. A topical hydrocortisone cream may also be applied to the area.
- 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.
- 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 redness subsides before shaving again
- Hair loss will be most evident ten 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.
- Strictly avoid any sun exposure to the treated area for a minimum of 7 days after the procedure. The treated area is more prone to sunburn and pigmentation change. Keep the area covered and use a sun block with a protection factor of 30+. Delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment.
- Makeup may be used after the treatment, unless there is epidermal blistering.. It is recommended to use new makeup to reduced the possibility of infection. Just make sure that you have moisturizer frequently and freely on the treated area. Any moisturizer without alpha-hydroxy acids will work.

- You may shower after the laser treatments, and use soap, deodorant, etc. The treated area may be washed gently with a mild soap. Skin should be patted dry and NOT rubbed. Underarm areas that have been treated, should be wiped with alcohol for 24 hours. You may apply deodorant after 24 hours.

If you should have an afterhour's emergency, please contact Julie Acarregui @ 208-794-0169.

I have read and received a copy of the Pre & Post BBL-Laser Hair Removal Treatment Instructions.

Client Signature

DOB

Date

PURE Representative

Date

