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Medical & Surgical Dermatology

Laser & Cosmetic Skin Care

INTENSE PULSED LIGHT Hair Removal System

Skin Care after Treatment

Pre-treatment:

1. Do not pluck, wax, use a depilatory or undergo electrolysis in the areas you wish to have treated for at least 6 weeks prior to your treatment date. Once your treatments begin, it is recommended that you shave at home prior to each scheduled treatment.
2. Do not tan the areas to be treated for 4 weeks prior to treatment date.
3. Avoid using self-tanning products for 2 weeks prior to treatment.

Post-treatment :

1. A mild sunburn-like sensation is expected after your treatment. This usually lasts 2-24 hours, but can persist up to 72 hours. Mild swelling and/or redness can accompany this, which usually resolves in 2-3 days. In rare cases, prolonged redness and blisters can occur.
2. The hair may continue to appear to grow, or look like stubble for 7-30 days. This is not new hair growth, but actually the treated hairs being expelled from the skin.
3. Some redness and swelling in the area is normal after treatment and may feel similar to a sunburn. This should resolve within several hours to several days after treatment.
4. Bathe and shower as usual. Treated areas may be temperature-sensitive and feel hotter in a hot shower or bath. Avoid aggressive scrubbing or exfoliating. Do not use loofa sponges, scrub brushes, or other exfoliating products until redness on the treatment area has completely resolved.
5. Gently clean area twice daily.
6. Avoid topical irritants (glycolics, retinoids, etc.) for 7 days after treatment.
7. Avoid direct sun exposure for 2-3 weeks after your treatment. If you do go in the sun, protect the treatment area(s) with a sunblock of 30 SPF or higher.