



Mount Sinai
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Laser Hair Removal Pre-Procedure Instructions

6 WEEKS BEFORE LASER TREATMENT

1. You should not have any waxing, plucking, or electrolysis of the areas to be treated. You need hairs in the pores as targets for the laser.
2. Do not at any time prior to **or** during **or** after therapy expose yourself deliberately to sunlight or tanning beds. Doing so will **significantly increase the risk of complications with hair removal lasers**.
 - a. Any degree of suntan will make the laser treatment less effective and increase your chances of having adverse effects such as blisters and/or scars.
 - b. If recently tanned skin is treated **within 2 weeks** of active tanning by natural sunlight or by use of a tanning booth, you may develop hypopigmentation (white spots) after treatment which may not clear for 2-3 months or more.
 - c. It is absolutely necessary that you protect the area with a sunscreen of SPF 30+ that blocks UVA and UVB rays before going outside.
3. Shaving and depilatory creams may be used.
4. *Avoid using sunless tanning products.*
5. All retinoic acid, glycolic acid, and alpha hydroxy products ***should not be used*** 2 days *before and after* treatment.
6. Avoid scheduling your treatment during your cycle as you may feel more pain during that time.



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TWO DAYS BEFORE LASER TREATMENT

1. Individuals with a history of herpes simplex (“cold sores” or genital herpes) should start taking oral antiviral medications if the upper lip, chin, or bikini areas are to be treated.
2. If you have been on an antibiotic within the last 14 days, please contact our office to reschedule your appointment. Antibiotics make the skin photosensitive and can increase the risk of an adverse reaction from the procedure. Laser hair removal will not be performed if you have been on antibiotics.

DAY OF LASER TREATMENT

1. Areas to be treated should be clean. Makeup and moisturizers should be removed with soap or alcohol before treatment.
2. **Shave the area to be treated** either the night before or the morning of your treatment.
3. For most laser hair removal procedures, a topical anesthetic is optional. If this was discussed during your consult appointment, please note that we will apply a topical anesthetic 30 minutes to 1 hour *prior to* treatment.
4. Safety considerations are important during the laser procedure.
 - Protective eyewear will be worn by the patient and all personnel in the treatment room during the procedure to reduce the chance of damage to the eye.
 - We will take all necessary precautions to ensure your safety.*

***Note: It is critical that laser hair removal be performed by a trained laser surgeon capable of immediately ascertaining any adverse effects.**