



ALBUQUERQUE  
LASER CENTER

## HAIR REMOVAL INSTRUCTIONS

### PRE-TREATMENT INSTRUCTIONS:

1. AVOID THE SUN 4 TO 6 weeks before and after treatment.
2. Your provider may ask you to stop any topical medications or skin care products 3 to 5 days prior to treatment.
3. You **MUST** avoid bleaching, plucking or waxing hair for 4 to 6 weeks prior to treatment. The melanin-containing hair must be present in the follicle as it is the “target” for the laser light.
4. If you have had a history of peri-oral or genital herpes simplex virus, your provider may recommend prophylactic antiviral therapy. Follow the directions for your particular antiviral medication.
5. If you have a tan or have a darker skin type, a bleaching regimen may be started 4 to 6 weeks before treatment.
6. **RECENTLY TANNED SKIN CANNOT BE TREATED! If treated within 2 weeks of active (natural sunlight or tanning booth) tanning**, you may develop hypo-pigmentation (white spots) after treatment and this may not clear for 2 to 3 months or longer.
7. The use of self- tanning skin products **must** be discontinued one week before treatment. Any residual self-tanner should be removed prior to treatment.

Please see reverse side  
for additional instructions.

## **INTRA-TREATMENT CARE**

1. The skin is cleaned and shaved prior to treatment. The use of a topical anesthetic is optional.
2. When treating the upper lip, the teeth may be protected with moist white gauze. The gauze also serves to support the lip during treatment.
3. The DCD (cryogen cooling device), will be used with the laser to cool the skin during treatment.
4. Safety considerations are important during the laser procedure. The patient and all personnel in the treatment room will wear protective eyewear during the procedure to reduce the chance of damage to the eye. In addition, your provider will take all necessary precautions to ensure your safety.

**Please contact our office if you have any questions or concerns  
at (505) 338-3048 or  
after-hours emergencies only (505) 857-3999.**

**Cancellation Policy:** 24-hours advanced notice is required to cancel or reschedule an appointment. If an appointment is cancelled with less than 24-hours advanced notice, the missed appointment will be counted as one of the sessions in the skin care package. If the cancelled appointment is a single session treatment, a \$50 cancellation fee will be charged to the patient's account.