

HAIR REDUCTION PRE- AND POST- TREATMENT CARE AT NORCAL DERMATOLOGY & COSMETIC

PRE-TREATMENT CARE INSTRUCTIONS

- Avoid the use of Self-Tanners, Tanning Beds, and Sun Exposure on treatment site for at least 2 weeks prior and after.
- Discontinue use of Retinoids (Retin-A/ Tretinoin, Retinol) at treatment site for at least 1 week before and after.
- Inform treatment practitioner of any medications you are taking and fill out the medical history form accurately.
- Arrive freshly shaved on day of the treatment and remove any make-up, lotions and sunscreens.
- We strongly recommend the following measures to prepare for potential treatment side effects:
 - Take a non-sedating antihistamine such as Claritin (20mg) or Allegra (180mg) the morning of treatment day
 - Take five (5) Arnica tablets three times a day starting 2 days prior to appointment day for 4 consecutive days. Our office dispenses high grade Arnica tablets for your convenience.
 - If you have frequent herpes breakouts in the treatment areas, inform our office or provider so we can provide you a 3-day prescription of Acyclovir to take starting the day before your appointment.

POST-TREATMENT CARE INSTRUCTIONS

- Apply cooling to the treatment area for ten to fifteen (10-15) minutes every hour for the remaining of the day. Do not apply ice directly to the skin. Wrapped frozen bags of corns or peas also work well.
- Use physical sunblock SPF 40 or greater (we recommend Elta MD sunblock) to treated areas daily for at least 4 weeks post-treatment to prevent pigmentation changes.
- If needed, over-the-counter anti-inflammatory (ibuprofen such as Advil®) or analgesic (acetaminophen such as Tylenol®) may be taken to reduce discomfort. We recommend ibuprofen for its anti-inflammatory effect.
- We recommend the following measures for post-treatment skin care:
 - Calendula Lotion apply to the treated areas 3-4 times/day until the redness and swelling subside
 - A skin care regimen that includes a SPF 40 physical sunblock (zinc oxide/titanium dioxide), a gentle cleanser, and a soothing gentle moisturizer with anti-oxidants to use daily as needed. If you do not have such regimen already, ask our staff for our *post-treatment skin care regimen* or recommendation.
- Avoid the following, until redness has resolved, or longer if indicated:
 - Aggressive scrubbing and use of exfoliants (e.g. glycolic products) on the treated area(s)
 - Swimming, especially in pools with chemicals.
 - Activities that cause excessive perspiration or any activity that may raise core body temperature. Especially cardiovascular workouts, Hot tubs, Jacuzzis, saunas.
 - Sun exposure if at all possible or tanning to treated areas.
- Bathe or shower as usual but avoid hot water. Treated areas may be temperature-sensitive.

HAIR REDUCTION TREATMENT EXPECTATIONS and FOLLOW-UP

- A mild sunburn-like sensation is expected. This usually lasts 2-24 hours but can persist up to 3 days. Mild swelling and redness may accompany this, but it usually resolves in two to three (2-3) days.
- Appearance of hair growth or stubble may continue for 7-30 days after treatment. This is not new hair growth, but treated hairs being expelled from the skin (they will fall out).
- If any darkened lesions occur, do not pick or pull at darkened lesions as scarring may occur.
- Only actively growing hairs are treated. The numbers of active hairs vary by area so **subsequent treatments will improve your results (at least 4-6 treatments)**
- Intervals between treatments vary depending on the location of treatment on the body. Our provider will discuss with you specifically.

POSSIBLE SIDE EFFECTS

- Pain, bruising, peeling, rash, prolonged itching, redness, ingrown hairs, irritation, crusting, swelling, and infection.
- Burning, blistering, blanching, scarring, scabbing, broken capillaries, bronzing, and acne or herpetic breakouts.
- Pigment changes including hypopigmentation (lightening of the skin) or hyperpigmentation (darkening of the skin) lasting one to six (1-6) months or longer or possibly permanently.
- Superficial blood clots, skin loss, hematomas (collection of blood under the skin), and allergic reaction to medications or materials used during the procedure
- Freckles and other pigmented lesions may temporarily or permanently disappear in treated areas.

Call to schedule a treatment or for any questions or concerns: 707-527-9517