

Dr. Tomi Wall
PRE & POST Laser Hair Removal (Gentlemax, Splendor X) instructions

BEFORE YOUR LASER TREATMENT:

1. Avoid direct prolonged (> 1 hr) exposure to the sun for approximately 4 weeks before and after treatment. Darker melanin or pigment from sun exposure may produce discoloration, blistering, or scars.
2. Avoid tanning creams 4 weeks prior to treatment.
3. **Notify your doctor if:**
 - You are pregnant/breast feeding.
 - You have a history of seizures, poor wound healing, keloids, vitiligo, psoriasis.
 - You have a history of cold sores and are getting treatments in/near that area of the skin.
 - You have had isotretinoin for acne within the last 6-12 months.
4. Do not pluck, wax, tweeze, or use a depilatory to the area to be treated. Shaving or trimming the hairs is fine and recommended. We want to see a little bit of stubble in the area.

AFTER LASER:

The treated area may be red or swollen. This usually lasts only a few hours to a few days, depending on what part of the body is treated.

- Stinging may be evident for the first several hours. Ice packs can be applied if needed.
- Minimize aggressive physical activity for 24 hours as the sweating may irritate the treated areas.
- If hairs are still present in the areas treated, it is best to leave them alone until the next treatment. However, if you are bothered by them, you may gently shave or trim the hairs after 24 hours.
- If a crust or scab develops. Do not pick at the area. Keep the area moist with ointment and give our office a call.
- Shower or bathe normally.

WHAT TO EXPECT:

- It is normal to see some hairs coming back in the treated areas. Remember, if they were in the “resting” or “coming out” phase of the hair cycle, they will not be permanently gone. However, you should notice patchy areas of hair loss or thinning of the hair in the area that has been treated. Schedule your next laser appointment with your doctor in 1-2 months.
- It may take several treatments to see results. Remember that the appropriate name of this treatment is laser hair “reduction”.

IF YOU HAVE ANY QUESTIONS OR CONCERNS REGARDING YOUR LASER TREATMENT, PLEASE DO NOT HESITATE TO CONTACT THE OFFICE AT 510-763-2662.