

GentleLASE/GentleMaz SUGGESTED LASER HAIR REMOVAL PATIENT INSTRUCTIONS

**PRETREATMENT INSTRUCTIONS**

1. The skin is cleaned and shaven prior to every treatment. The use of a topical anesthetic is optional, although rarely necessary.
2. Avoid the sun 4-6 weeks before treatment. Epidermal melanocytes compete with melanin in the hair.
3. Your provider may ask you to stop any topical medications or skin products 3-5 days prior to treatment.
4. You **MUST** avoid bleaching, plucking or waxing hairs for 2-3 weeks prior to treatment. The melanin containing hair must be present in the follicle as it is the "target" for the laser light.
5. If you have had a history of perioral or genital herpes simple virus, your provider may recommend prophylactic antiviral therapy. Follow the directions for your particular antiviral medication.
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 2-3 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

**INTRATREATMENT CARE**

1. The DCD (cryogen cooling device), will be used with the laser to cool the skin during treatment.
2. Safety considerations are important during the laser procedure. Protective eye wear 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. In addition, your provider will take all necessary precautions to ensure your safety.

**POSTTREATMENT CARE**

1. Immediately after treatment, there should be erythema (redness) and edema (swelling) of each hair follicle in the treatment site, which may last up to 2 hours, or longer. The erythema may last up to 2-3 days. The treated area will feel like sunburn for a few hours after treatment.
2. Your provider may use an optional cooling method after treatment to ensure your comfort.
3. A topical soothing skin care product such as aloe vera gel may be applied following treatment if desired.
4. Makeup may be used immediately after the treatment as long as the skin is not irritated.
5. Avoid sun exposure to reduce the chance of hyperpigmentation (darker pigmentation)
6. Use a sunblock (SPF 30+) at all times throughout the course of treatment.
7. Avoid picking or scratching the treated skin. Do not use any other hair removal treatment products or similar treatments (waxing, electrolysis or tweezing) that will disturb the hair follicle in the treatment area for 4-6 weeks after the laser treatment is performed. Shaving is the preferred method.

8. Anywhere from 10-21 days after the treatment, shedding of the treated hair may occur and this appears as new hair growth. This is NOT new hair growth. You can clean and remove the hair by washing or wiping the area with a wet cloth or Loofa sponge.
9. After the axillae (underarms) are treated, you may wish to use a powder instead of a deodorant for 24 hours after the treatment to reduce skin irritation.
10. There are no restrictions on bathing except to treat the skin gently, as if you had a sunburn, for the first 24 hours.
11. Return to the office or call for an appointment at the first sign of the return of hair growth. This may be within 4-6 weeks for the upper body and possibly as long as 2-3 months for the lower body. New hair growth will not occur for AT LEAST three weeks after treatment.
12. If you have any questions or concerns, contact us at 802-861-2273 or Email:  
info@barevt.com