

McClerklin Skin & Laser Center

Patricia A. McClerklin, M.D., P.A.

Fellow, American Board of Dermatology

Dermatologic Surgery & Laser Surgery

Diseases and Surgery of the Skin, Hair and Nails

LASER HAIR REMOVAL PRE-TREATMENT INSTRUCTIONS

1. Avoid waxing, plucking, depilatory creams or electrolysis for 6 weeks prior to treatment, and at all times in between treatments.
2. Avoid use of exfoliant creams (Retin-A and alphahydroxy acids) for 2 weeks prior to treatment.
3. Shaving is not allowed for up to 3-5 days prior to initial visit. Full hair growth is required for proper assessment and documentation photos. If your hair growth is not heavy, avoid shaving for up to 2 weeks. After this initial examination, you may shave throughout the treatment period.
4. Avoid tanning, including self-tanning lotions or sun exposure, for 4-6 weeks prior to treatment. A sunscreen with SPF 30 or greater should be used for 4-6 weeks on any area of sun exposed skin prior to treatment.

Information for patients prescribed pigment-reducing gels:

1. The laser light is attracted to chromophores under the surface of the skin. Although the Palomar E3000 Ruby Laser/Light Sheer Diode Laser targets the larger chromophores (hair follicles), some of the laser energy can be absorbed by the smaller chromophores (pigment/melanin). This may result in an increased risk of skin injury, and less successful hair reduction. For this reason, pre-treat gels (i.e., hydroquinone) that reduce the pigment in the skin are recommended for certain types or tanned individuals.
2. Pigment-reducing gels should be used twice a day (AM and PM) for at least 4 weeks prior to treatment for 2 weeks following treatment.