

## Laser Hair Removal & IPL Pre-Procedure Instructions

We appreciate you choosing Skin Solutions for your permanent hair reduction procedure. Although the process of laser hair removal is relatively simple, we would like to take the opportunity to provide you with the following important preparatory information.

1. On the day of treatment, please do not put any lotion, cream or make-up on the area to be treated.
2. If you will be using topical anesthetic, Please apply 1.5 hrs prior to treatment. Apply a generous amount to the area to be treated. Then cover the area with plastic wrap to prevent it from evaporating. If you are unable to use plastic wrap, simply re-apply the same amount of anesthetic every 30 minutes for a total of 3 applications. **Do not forget to wash your hands with soap and water after each application of anesthetic cream.** Our staff will educate you on applying this cream at your consultation.
3. The area to be treated must be shaved smooth, preferably on the day of your appointment. Please do this prior to coming in.
4. Do not take Advil or Aleve prior to your treatment as this can increase your risk of bruising after your treatment. You may take Tylenol, aspirin or ibuprofen (as directed).
5. If you are using any Glycolic Acid, Retin-A products, or any product which 'peels' your skin, please stop using them 3 days prior to your treatment. Ask our staff when it is safe to resume your regime.
6. Please advise our staff of any medications you may have started since your last visit. Some medications cause photosensitivity and are contraindicated in the setting of laser hair removal. Please notify our staff if you have had sun exposure in the last few weeks.

The staff at Skin Solutions wants to make your experience a positive one. Please ask us if you have any additional questions or concerns. We look forward to seeing you soon.

Michael Reinhorn, MD and Staff