



Manhattan Beach Dermatology

2809 N. Sepulveda Blvd.,
Manhattan Beach, CA 90266
Phone: 310.802.8180 - FAX: 310.802.8150

GENTLELASE PERMANENT HAIR REDUCTION

Pretreatment instructions:

1. Avoid the sun 4-6 weeks before and after treatment. **TAN SKIN CANNOT BE TREATED!** If treated, you will develop hypopigmentation (white spots) and this may not clear for 2-3 months or more. Also, the use of tanning creams must be discontinued two weeks before treatment.
2. You **MUST** avoid plucking or waxing hair for 4 weeks prior to treatment.
3. For treatments near the mouth, if you have a history of facial cold sores (herpes simplex), you will be given a prescription for antiviral medication to take.
4. Shave your hair in the area to be treated the day prior to your appointment

Aftercare instructions:

1. Immediately after treatment, there should be redness and swelling at the treatment site, which may last from a few hours to a few days depending on your skin's sensitivity. The treated area will feel like a sunburn for a few hours after treatment. The application of ice packs, cold water compresses, and aloe vera gel during the first few hours after treatment will help reduce discomfort and swelling.
2. Makeup may be used immediately after the treatment unless there is blistering. It is recommended to use **NEW** makeup to reduce the possibility of infection. If blistering occurs, apply aquaphor or vaseline and call our staff.
3. Avoid sun exposure to reduce the chance of hyperpigmentation (dark spots). Use Elta sunscreen (SPF 30 or greater) at all times throughout the course of treatment. If pigmentation occurs call the office for treatment instructions.

4. 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 on the treatment site for 4-6 weeks after the laser treatment is performed. Shaving or depilatories may be used.
5. Call for an appointment at the first sign of the return of hair growth. This can mean between 4-6 weeks for the upper body and possibly as long as 2-3 months for the lower body. Hair re-growth occurs at different rates on different areas of the body. New hair growth will not occur for at least three weeks after treatment.
6. Anywhere from 5-14 days after the treatment, shedding of the surface 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 washcloth or loofa sponge.
7. After the underarms are treated, use a powder, instead of deodorant, for 24 hours after the treatment to reduce skin irritation.
8. There are no restrictions on bathing or activities except to treat the skin gently as if you had a sunburn, and avoid hot water, intense exercise, and hot tubs for the first 24 hours.