

**Dermatology Associates Medical Group
Laser Center
465 N. Roxbury Drive, Suite 801
Beverly Hills, CA 90210**

LIGHTSHEER PRE-TREATMENT INSTRUCTIONS

- **Tanning *should* be avoided** 4 weeks before and after treatment for best results. We recommend that you use sunscreen with an SPF of 30 or above to be applied two or more times a day as needed.

- **Self-tanning products *must* be avoided** 2 weeks prior to treatment.

- **The area *must* be shaved** 1 day prior to the treatment. We are unable to treat unshaven areas. Do not use any form of epilation (including waxing, tweezing, electrolysis, epilady, or depilatory creams) for 4 weeks prior to treatment. Shaving is OK throughout the treatments.

- **Avoid applying any lotions, deodorant, and/or powder** to the areas to be treated on the day of your appointment.

- **If you are currently taking any medications**, please notify one of our Registered Nurses. Any medication that causes light sensitivity (certain diuretics, antibiotics, anti-hypertensives, etc...) or thinning of the blood (i.e. Coumadin, Aspirin, Ibuprofen, etc...) may increase your risk of side effects and be contraindicated in combination with a light/laser procedure. It is important that you tell your Registered Nurse if you are currently taking one of these medications and/or supplements prior to the day of treatment. Advanced notice can help us deliver the best possible outcome. In addition, we recommend that you abstain from drinking alcohol for 24-48 hours prior to and following your treatment.

- **If you apply any topical medications or products** that contain Glycolic Acid, Retin-A, Vitamin C, or Bleaching Cream please refrain from using them starting 3-4 days prior to your treatment. You may resume usage 3 days following your appointment. Also avoid using abrasive scrubs or exfoliants 3 days before and after treatment.

****Please see the reverse side for important Post-Treatment instructions.***

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1. **A mild cleanser** should be used for the next 2-3 days.
2. **Avoid** harsh rubbing to treated areas.
3. **Sunscreen** with SPF 30 or higher needs to be worn everyday and applied frequently throughout the day, during the course of treatments.
4. **Topical** Triamcinolone cream 0.1% (cortisone) may be applied 2-3 times a day for the next 2-3 days to decrease inflammation.
5. **Avoid** use of potentially irritating products such as retinol, glycolic acid, vitamin C, bleaching cream and scrubs or exfoliants, for the next 3-5 days.
6. **Do not use** any other hair removal methods or products on the treated area while having this laser procedure. Shaving is the only acceptable hair removal option throughout the course of treatment.
7. **Anywhere from 2-3 weeks after the treatment**, shedding of the surface hair will occur. It will appear as if your hair will continue to grow. This is not new hair growth. You may need to shave the area.
8. **Your return visits** may be scheduled within 4-8 weeks (as soon as re-growth appears), depending on the anatomical location of the treatment. This may occur at different rates on different areas of the body.
9. **Avoid** excessive exercise for 1 day after treatment.
10. **Avoid** hot showers and baths for 1 day after treatment. Wash treated areas with lukewarm water.
11. **Makeup may be used** after treatment unless there is irritation.

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If you have any questions or concerns, please contact our office
310.274.9954 ext.227***