



BLACKHAWK

PLASTIC SURGERY & MEDSPA

Laser Hair Removal: Pre & Post Care Guide

About the Treatment

Laser Hair Removal works by targeting hair follicles during their active growth phase. Multiple sessions are needed for best results, as new hairs cycle in overtime. With each treatment, hair becomes finer, lighter, and less dense, leaving skin smoother and softer. Our laser is safe for all skin types, treatments are quick, generally comfortable, and there is minimal downtime, allowing you to resume normal activities immediately. Multiple sessions (usually 6–8, spaced 4–8 weeks apart) are needed for best results.

Before Your Treatment

- Avoid direct sun exposure & tanning, spray tans and any other self-tanners on the area being treated for at least 2-4 weeks.
- Please avoid waxing, plucking, electrolysis, hair removal creams, or bleaching creams for at least 4 weeks before your treatment. This helps the laser target the hair follicles effectively for the best results.
- Shave the treatment area 24 hours before your appointment.
- Avoid skincare products on the treatment area (lotions, deodorants, makeup) on the day of treatment.
- Discontinue active skincare like retinoids, glycolic or salicylic acids, and other exfoliants 3–5 days before treatment to keep your skin calm and ready.
- Discuss allergies and medications: let your provider know if you're on antibiotics, Accutane, or other photosensitizing drugs. If you have a history of HSV-1 or HSV-2 in the area being treated, taking an antiviral 24–48 hours before and after your session can help prevent an outbreak.

What to Expect During Treatment

- During your treatment, the laser feels like a quick snap or rubber band flick on the skin.
- Cooling devices and gels will be used for comfort.
- Treatment time depends on the size of the area.

After Your Treatment

- It's normal to have some redness and mild swelling around the hair follicles, which typically lasts 1–3 days.
- Avoid direct sun exposure for 2 days after treatment. Use SPF 30+ daily.
- Apply cool compresses, aloe vera, hydrocortisone or Aquaphor for comfort.
- Avoid heat and sweating for 24 hours: no hot showers, saunas, or workouts.
- Do not pick, scratch, or exfoliate the treated area.
- You can shave but avoid waxing or plucking between sessions.
- Hair may appear to keep growing, but this is actually shedding. This is normal.