

LightSheer Pre-op and Post-op Instructions

6 weeks prior to treatment:

- Stop tanning or deliberate sun exposure: we **can** treat tanned skin, but the effectiveness goes down and the risk of skin irritation goes up!
- Stop **all** waxing or plucking (it removes the target!). Shaving is permitted.

2 weeks prior to treatment:

- No “tan in a can” products, which may contain metal, which scatters laser light. (Most self-tanners can be removed with Head & Shoulders shampoo.)
- Let us know of any changes in medications or supplements.

3–7 days prior to treatment:

- **DO NOT SHAVE** the area to be treated unless instructed. This allows us to get good baseline photos of the area, for future assessment of progress.

The day of the treatment:

- On the area to be treated, remove deodorant, lotions, and perfumes. Do not use these in the treatment area today.
- If you have a history of cold sores or herpes in the area to be treated, you can reduce the chance of activating it by taking an antiviral the morning of the procedure, and repeating that after the treatment—let us know if you need/want this.

After treatment:

- You may feel like you have a slight sunburn. You may apply aloe vera gel or Vanicream.
- If a fine crust develops over the treated area, keep it clean by washing with a mild soap daily, followed by the application of Aquaphor or Polysporin or Neosporin. Ointments of this kind may be purchased without a prescription at any drugstore. Continue regular cleaning and application of ointment until the crusting disappears.
- About 3 weeks after the treatment, hair stubs may begin to extrude; these will fall out. If desired, shaving the area can make these less obvious.
- Do not tweeze or wax once you have begun laser hair removal. You may shave, two to three days after treatment, which will aid in the exfoliation process.
- **Do not** vigorously scrub the treatment area.
- Use sunscreen with an SPF 15 or greater at least 30 minutes prior to going outdoors, and avoid excessive sun exposure.
- Do not use glycolic cleansers or Retin-A products over the area, for one week after treatment.
- **IF YOU EXPERIENCE ANY PROBLEMS, CALL OUR OFFICE: 413-549-7400**