

# Seiff Center and Medispa

## Laser Hair Removal

We use two different lasers to remove hair. The laser emits a concentrated light that heats the hair and the hair follicle. The hair follicle is destroyed and the hair will fall out. The implications for such a treatment plan require some preparation for our patients.

- The hair must be present. You may shave, but not wax or tweeze. Please leave a small amount of stubble that is visible, so that we can monitor the progress of each laser treatment.
- The laser works on brown and black hair only. The laser will not work on blonde hair, very light brown hair, gray or red.
- Approximately 5 – 6 treatments will be needed at usually 4 – 6 week intervals. It is important to stay on schedule in order to treat the hair as it grows. Missing appointments allows the hair to grow out of sync and will require more treatments.
- The laser does not work effectively on tanned skin. Please avoid the sun for two weeks before and two weeks after each treatment. Also avoid bronzers and self tanning creams in the post treatment period.
- Tylenol may be taken before each treatment if desired.
- Topical anesthetics can be prescribed, but are generally found by our patients to be messy and unnecessary. If you have fever blisters, and the lip area is to be treated, prescription with medication should be done before and after each treatment to avoid outbreaks.
- Touch Ups or yearly maintenance may be necessary.
- A charge of 50% of the expected treatment cost will be assessed if cancellation is not made 48 hours in advance of your appointment.
- Avoid anything that would irritate the skin during these treatments for 3 days before and 3 days after, including Retin-A, Renova, and alphahydroxy acids.
- After the treatment, you will experience hair growth that can be mild or more dramatic. This is normal. Slight bumpiness is normal and resolves within a week, as does the hair that will purge and take from 2-14 days to completely fall out.
- Some patients prefer to apply hydrocortisone cream or aloe vera for irritations. Cool packs can be used.
- It is generally wise to avoid hot baths or hot tubs until any inflammation resolves.
- The skin may be bumpy, red, and feel like a sunburn for 24 hours to 3 days after treatment.

If there are any questions, problems or concerns please call the office and ask for Dr. Seiff or Tania.

Thank you for your confidence in our practice. Please be assured that you are being treated by the most advanced and safe laser for hair removal on the market today.