



Ram Clinic, P.C.
1200-1206 Providence Hwy,
Suite 210, Norwood, MA 02062
PH: 781-333-3444, Fax: 781-680-7121

Prabhu S Ram MD

Pre-Treatment Laser Hair Removal Instructions

- For better results, patients are to avoid sun exposure, tanning beds, tanning creams, and sunless tanning lotions for one week prior to treatments and throughout the course of their laser treatment.
- A broad spectrum (UVA/UVB) sunscreen SPF 30 or greater should be applied to the area(s) to be treated whenever exposed to the sun.
- Skin should be void of makeup, creams, and lotions prior to treatment. Clean skin with 70% alcohol prior to treatment.
- Prior to receiving laser treatment, patients with a history of herpes or cold sores should receive appropriate treatment.
- For laser hair removal all methods of hair removal such as waxing, tweezing, and electrolysis must stop 3 to 4 weeks prior to your laser treatment. The area to be treated must be shaved.
- For vein treatments do not take aspirin or any blood thinner for at least 1 week prior. Do not discontinue any medications without prior consent from your doctor.

Post-Treatment Laser Hair Removal Instructions

Application of Lotion or Aloe Vera

Lotion should be applied to the area for rehydration. If crusting develops it should be allowed to fall off naturally. Do not scratch or pick crust. Lotion applied following last treatment can have a soothing effect.

An antibiotic cream should be used if any blistering or break in the skin occurs. The patient should be instructed to contact the office if there is any indication of infection (redness, tenderness, or puss).

Do not shave treated area for 1 to 3 days post treatment if crusting or blistering occur. Normal skin care regimens (i.e. makeup, moisturizers, deodorant, shaving) may be resumed the day after treatment if there is no redness, blistering, or crusting present.

Bathing

Wash treated area gently with mild soap and water. If treated area is irritated, the area should not be rubbed with a face cloth or towel. The area should be gently patted dry.

Makeup

If the area blisters, extreme caution should be used when applying or removing makeup. The treated area is very delicate and should be treated with care. Rough removal of makeup can increase the incidence of post treatment complications.

Sun Protection

Sun exposure should be avoided throughout the course of treatment. A broad-spectrum sunscreen with an SPF of 30 or greater should be applied whenever the area may be exposed to sun.

If the patient presents with a tan it is recommended that treatment is delayed if using the Alex wavelength for 4 weeks or until the tan has significantly faded, or to use the YAG wavelength. An increased incidence of blistering has occurred when patients with even slight tans have received laser treatment using the Alex wavelength.

To avoid blistering, sun exposure should be minimized up to 72 hours post treatment.

Activities

Following the laser treatment, activities such as swimming, sports, or strenuous exercise should be avoided for the first 2 to 3 days, or until any redness, crusting, or blistering have resolved.

Follow-up Treatments

Follow-up treatments are scheduled at least in 3 to 4 week intervals.