

**IPL Hair Removal Pretreatment Instructions**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

1. Before any laser treatment you must avoid sun exposure, tanning beds and tanning creams for approximately one month and refrain from these throughout the course of the remaining treatments.

2. Shave the area that is to be treated the day of the appointment to ensure a clean hairless surface. This hair, if not shaved, will absorb the laser energy and superficial thermal injury can occur. Note that if we have to shave the area this will prolong the appointment time and a fee will be charged.

3. For under arms, it is important to NOT use any anti-perspirants or deodorants on the day of the appointment.

4. On the day of the appointment try to avoid any perfumes, colognes, after-shave, or body lotions on the area to be treated. Use no topical products if at all possible as a photochemical reaction causing skin darkening could occur.

5. For treatment on the bikini area please dress appropriately and bring a change of clothing or any hygiene products that might as needed.

6. Please note that once the decision has been made to begin laser hair removal treatments, you are no longer allowed to tweeze, wax, or use hair removal creams in between treatment. You may only shave the area to be treated.

7. Wait 2 weeks before/after having injectable or filler procedures in the treatment area

**Contraindications:**

You should not have this procedure if you have:

• a pacemaker or internal defibrillator

• used Accutane® (or other oral retinoid) within the last 6 months

• A history of keloid scaring

• Any abnormal or undiagnosed pigmentation or wish to have treatment over tattoos, moles or semi-permanent makeup..

• Atypical moles of malignancy or history of skin cancer.

• Non-intact skin or inflammatory skin condition at treatment site (i.e. sores, psoriasis, eczema, infection, rash)

• Had laser resurfacing in treatment area within 3 months

• Vitiligo or any medical conditions involving impairment of skin structure, especially healing

• Poorly controlled Diabetes, Type 1 Diabetes or history of poor wound healing

• Pregnancy

• Taken medication that may cause photosensitivity to light.

• Nickel allergy, grey hair, PCOS or other hormonal conditions or recent tanning

• Had a recent chemical or mechanical peel in treatment area (within 2 weeks)

*Please call 941-266-9090 with any questions or concerns*

Tamara L. Densmore, M.D., Medical Director

100 North Washington Blvd., Suite 102, Sarasota, FL 34236

office: 941-266-9090 fax: 941-718-4920 www.revmeupnow.com