



## GREENWICH POINT DERMATOLOGY

### DIOLAZE XL HAIR REMOVAL LASER

#### PRE-TREATMENT INSTRUCTIONS

- Avoid laser hair removal if pregnant or breastfeeding.
- Shave the area to be treated with laser 1-3 days prior to your appointment. You can shave as often as desired between laser sessions.
- Discontinue waxing, tweezing, threading, depilatories and electrolysis for at least 3 weeks prior to treatment and throughout treatment.
- Stop any retinoids 2 weeks prior to your treatment unless otherwise advised by Dr. Dolder.
- Avoid applying makeup the day of treatment if getting laser hair removal done on the face.
- Avoid tanning prior to your treatment. Any patient with a significant tan or sunburn may be rescheduled due to the sensitivity of the procedure to altered skin color and for the sake of your own safety.
- If you have a history of cold sores, please let Dr. Dolder know.
- Caution is advised to persons with a history of herpes simplex in the treatment area. Those who carry the herpes simplex virus and receive laser treatment on their upper lip, chin, or lower cheeks may have a "flare-up" of their condition. The risk of this complication can be reduced if you take a prescribed antiviral medication in the office on the day of your treatment, which Dr Dolder will provide to you. If you have an active herpes outbreak, your appointment will have to be rescheduled.

#### POST-TREATMENT INSTRUCTIONS

- The treatment area is very delicate and should be treated gently. It is common to experience slight swelling and redness at the treatment site.
- Avoid direct sun exposure to treated areas for at least one week post treatment and all signs of redness and irritation has subsided. Always wear a broad-spectrum sunscreen with a minimum of SPF 30 daily. Completely cover any areas that have a crust present.
- Avoid any trauma to treatment area such as scratching, picking or rubbing.
- Avoid pools, hot tubs, Jacuzzis, saunas and steam rooms for 3 days.
- Avoid any deep exfoliation treatments or creams containing a chemical exfoliator for 2 weeks pre and post treatment, such as microdermabrasion, retinoids, or glycolic acid.
- You may apply cold compresses or ice packs to the treated site to ease discomfort.
- During the next three weeks you may notice hair shedding.

If you have any questions or concerns, please call our office at 203.764.2230.