

Exclusionary Criteria

Exclusionary criteria include but is not limited to:

- **Unprotected sun exposure or use of tanning beds** or creams in areas to be treated. Protected sun exposure means wearing protective clothing or a daily SPF of 30 or greater. Patients should not tan 4 weeks prior to treatment, during treatment, and 4-6 weeks following treatment. This will reduce the chance of skin color changes and the development of new pigmented lesions.
- **Pregnancy.** There is no clinical evidence of fetal harm at this time, but the results of treatment may be erratic or unreliable due to fluctuations in hormone levels, hair growth cycles and physiological conditions.
- **Menstrual dysfunction.** Patients with menstrual dysfunction or hyperandrogenism should be referred to an Endocrinologist for evaluation and possible medical treatment. These patients tend to have hirsutism secondary to their disease, which may respond or need medical treatment.
- **Use of mechanical epilation less than 6 weeks prior to treatment.** This includes plucking, waxing, tweezing, electrolysis or sugaring. Patients should also refrain from these practices during treatment.
- **Allergies.** Confirm with patient any allergies to latex, medications, or anything else that may be used during treatment
- **History of seizures.** Flashing lights may trigger seizures.
- **Medications-** Patient should not be taking Accutane, anti-coagulants or St. John Wort. For patients with photosensitizing medication (example: doxycycline) perform test spot 24 hours prior to treatment.
- **History of keloid and hypertrophic scars.** Although scarring is rare, sometimes scars can form and for this reason patients with known history of keloid and hypertrophic scars should be excluded from treatment.
- **Active infections/Immunosuppression.** Active infections and immunosuppression compromise the healing ability of the body. Reschedule the patient until infection is clear.
- **Open lesions.** Treatment should only be performed on intact, healthy skin. Except for acne affected skin.
- **Herpes I and II within the treated area.** Patient should be given a prescription of a prophylaxis prior to treatment
- **Tretinoin (Retin-An, Renova).** Although tretinoin use in the area to be treated is not absolutely contradicted, it is known to make skin more sensitive and prone to exfoliation. It is advised to discontinue the use of exfoliating creams and other exfoliating products two weeks prior to treatment and during the entire treatment course.

Montgomery Women's Health Associates

Patient Instructions for Laser Hair Removal Treatments

Before your treatment

- Shave area to be treated the morning of the procedure. Hair should be shaved cleanly.
- No waxing, tweezing, or depilatories one month prior to treatment. Shaving is ok.
- If you have a history of herpes, prophylactic medications may be prescribed 1 week before treatment.
- Do not tan or use self-tanning products as they may cause adverse side effects. Avoid taking Aspirin, Aleve, Ibuprofen, Advil, Motrin, and Vitamin E for 1 week prior to treatment.
- Wear loose fitting clothing that allows comfort and modesty to the area being treated
- Remove all jewelry.
- There are no restrictions in normal daily activities following treatment.

After your treatment

- Wash treated area gently with soap and water.
- Apply an Aloe Vera Gel twice daily to treated area.
- Take Tylenol per packing directions as needed for comfort.
- Do not shave treated area while it is red or swollen. Hair may remain for up to 2 weeks following treatment. A loofa is recommended to remove loose hair after treatments.
- Apply a broad spectrum UVA.UVB sunscreen with a SPF-30 and zinc or titanium dioxide daily to treated area anytime you are in the sun for 6 months following treatment.
- No contact sports during the healing phase if skin is red, swollen, or the skin is broken.
- Your skin may appear red or blotchy following the procedure for 24-48 hours following your treatment.
- If blisters appear treat with Aloe Vera until it is resolved. Try to avoid clothing from rubbing blistered areas.