

Jeri Shuster, M.D., P.A.
and Women's Center, Inc.

Jeri Shuster, M.D., Fellow of the American College Obstetricians and Gynecologists
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The staff of Jeri Shuster's office would like to make your appointment day pleasant and comfortable for you. The best results may be obtained if the following instructions are followed.

Laser Hair Reduction Pre-Treatment Instructions

The area(s) being treated cannot be exposed to the sun or tanning beds for 2-3 months. A broad spectrum (UVA/UVB) sunscreen of SPF 30+ should be applied whenever outdoors during daylight hours. Reapply every 1-2 hours. Self tanning products should not be used 3 weeks prior to treatment.

Do not wax, tweeze, thread, or use a depilatory for 6 weeks prior to laser hair reduction treatment.

The area(s) should be shaved prior to treatment. If the area has heavy growth of hair, shave the morning of treatment. We are happy to shave the area for you if you are unable to do so, for which extra time will be scheduled and a fee of \$50 will be applied to your bill.

Do not wear makeup, deodorant, perfumes, powders, or moisturizers on the area(s) to be treated.

Avoid retinols, Tazorac, glycolic acids, alpha/beta hydroxy acids, harsh acne medications, and other irritants for 5-7 days prior to treatment.

Avoid microdermabrasions, chemical peels, or other exfoliating treatments for 2-4 weeks prior to treatment.

If you are using a topical anesthetic, please apply 1 hour prior to treatment.

Please note that you may be more sensitive to the procedure if you are premenstrual and can take 2 Tylenol or Ibuprofen prior to your laser hair treatment.

Skin that is inflamed or broken cannot be treated. Accutane must not have been taken within the last 6 months of treatment. Many antibiotics cause photosensitivity and can increase chances of laser burns, please refrain from treatment for at least 1 week from last dose. Please postpone treatments if you are pregnant.

