

## LASER HAIR REMOVAL

### PREPARING FOR TREATMENT

1. **Avoid sun exposure** of the treatment area at least 10 days before and after each treatment throughout the treatment process (5 to 8 months). **An active sun tan seriously increases the risk of adverse effects from laser hair removal treatment.** If you plan to be in the sun, please wear sun protective clothing *in addition* to sun block. A good sun block will contain zinc oxide or titanium dioxide and will protect against both UVA and UVB rays. **If you arrive to your treatment with an active sun tan, your treatment will be rescheduled and a \$50 cancellation fee will be assessed.**
2. **Do not wax, pluck, thread or tweeze hair** for several weeks prior to treatment or in between treatments. On the legs, please wait six weeks after waxing to begin your treatments. The laser needs to recognize an active hair in the hair follicle in order to be effective.
3. **On the day of your appointment** shave the treatment area using shaving cream in the shower. Note the area of hair growth to outline it for the nurse. If hair growth is sparse, you may arrive unshaven and shave the area in the office. If you need help shaving hard to reach areas, arrive an additional 15 minutes early for your appointment to allow for shaving time.
4. Ladies, please schedule appointments in the middle of your cycle. This makes the treatment more tolerable and decreases cancellations. Furthermore, darken skinned individuals may experience hormonal darkening of the skin around the labia, underarms and upper lip which increases the risk of adverse effects.
5. After several treatments, if you no longer have hair growth, please schedule your treatments with longer intervals to allow for active hair growth. After the initial series is complete, schedule **maintenance treatments** when hair first begins to grow. This allows us to address the hair in its active growth cycle.
6. **It is your responsibility** to inform us on the following information at every appointment:
  - Pregnancy or other hormonal changes
  - Change in medications, including herbal (i.e. St. Johns Wart).
  - Tanning within one week of treatment (i.e. sunny vacation plans, outside basketball games, etc.)
  - Other medical or environmental conditions which may impact results or side effects



### POST LASER INSTRUCTIONS

1. Bath/shower with warm water for the first two days after laser treatment. **DO NOT** use hot water or “soak” in tub. No Jacuzzis, saunas, or strenuous exercise for 48 hours. Use a gentle, nonabrasive cleanser that is free of artificial fragrance detergent, color, and oil. Avoid exfoliating the skin with loofahs or abrasive scrubs.
2. Apply 1% hydrocortisone cream to treat area every 12 hours for the first 2 days (48 hours) after treatment as necessary if you have redness, inflammation, light irritation or small bumps.
3. If you develop scabbing, do not scratch or pick. You may use Vaseline or Aquafor to expedite the healing of the skin. Avoid antibiotic ointment unless instructed by our staff. Report excessive scabbing to our office.
4. After the first 48 hours, keep area moisturized with a gentle moisturizing lotion with sunscreen, especially if your skin feels dry.
5. If your treatment was facial, use an oil-free, non-medicated cover-up, preferably one with sunscreen. Avoid use of toners for 48 hours.
6. Avoid using skin irritants (Retin-A, Benzyl Peroxide, glycolic acid, astringents etc.) on treated areas for at least 10 days.
7. **Avoid shaving the treated area for 7-10 days.**
8. One week after treatment, you may use a dry towel to gently exfoliate the treated area immediately after showering. This helps keep the hair follicles open and not trap the dormant hair.
9. Possible side effects of treatment may include mild redness, local swelling, dry skin, mild tenderness, or white-head like bumps. Symptoms may be present immediately or for a couple of days after your treatment. Please report excessive scabbing or if you feel like a blister is forming. These side effects are best reported early and treated quickly. Please don't wait to call or stop by the office if you feel like you may be getting a blister.
10. **Hair will continue to appear to grow for approximately 3 weeks.** This is the body's way of pushing out the dormant hair from the follicle. Do not pick, pluck or shave the hair. Let the process occur naturally.
11. Avoid exposure to sun and use sun block of at least 30 SPF daily
12. If any side effects they persist for longer than one week, please call us at (818) 505-9300



## LASER HAIR REMOVAL

5 TREATMENT PACKAGE – Recommended to start all new laser hair removal process for any area.

3 TREATMENT PACKAGE – Recommended for prior unfinished series.

SINGLE TREATMENTS – Maintenance treatments (for prior LHR patients in our practice, 50% OFF single treatment price is honored after completing a 5 treatment series).

### Laser Hair Removal Prices

Body Part	for Women						35% OFF	for Men						35% OFF
Face	1 TX	MULTI	3 TXs	SAVE	5 TXs	SAVE		1 TX	MULTI	3 TXs	SAVE	5 TXs	SAVE	
Cheeks (both)	125	100	300	75	406	219		200	150	450	150	650	350	
Chin	100	75	225	75	325	175		100	75	225	75	325	175	
Forehead	125	100	300	75	406	219		175	125	375	150	569	306	
Full	250	200	600	150	813	438		300	250	750	150	975	525	
Ears	100	75	225	75	325	175		100	75	225	75	325	175	
Neck (front or back)	125	100	300	75	406	219		175	150	450	75	569	306	
Sideburns	100	75	225	75	325	175		125	100	300	75	406	219	
Brows (between only)	75	50	150	75	244	131		75	50	150	75	244	131	
Upper Lip	100	75	225	75	325	175		125	75	225	150	406	219	
Beard / Upper Lip and Chin	150	125	375	75	488	263		200	150	450	150	650	350	
Sideburns	100	75	225	75	325	175		125	75	225	150	406	219	
Nostrils	75	50	150	75	244	131		75	50	150	75	244	131	
Arms	1 TX	MULTI	3 TXs	SAVE	5 TXs	SAVE		1 TX	MULTI	3 TXs	SAVE	5 TXs	SAVE	
Fingers	75	50	150	75	244	131		75	50	150	75	244	131	
Upper or Lower	175	150	450	75	569	306		250	175	525	225	813	438	
Full Arms	250	200	600	150	813	438		375	300	900	225	1,219	656	
Hands	100	75	225	75	325	175		150	125	375	75	488	263	
Torso	1 TX	MULTI	3 TXs	SAVE	5 TXs	SAVE		1 TX	MULTI	3 TXs	SAVE	5 TXs	SAVE	
Abdomen	175	150	450	75	569	306		275	250	750	75	894	481	
Happy trail	125	100	300	75	406	219		150	125	375	75	488	263	
Aereola	95	75	225	60	309	166		125	100	300	75	406	219	
Back and Shoulder	325	275	825	150	1,056	569		500	450	1,350	150	1,625	875	
Upper Back and Shoulders	-	-	-	-	-	-		425	350	1,050	225	1,381	744	
Shoulders	175	125	375	150	569	306		250	200	600	150	813	438	
Lower back	150	100	300	150	488	263		250	200	600	150	813	438	
Bikini (line or area)	125	100	300	75	406	219		175	125	375	150	569	306	
Bikini (full, "Playboy")	150	125	375	75	488	263		225	200	600	75	731	394	
Bikini (Brazilian)	175	150	450	75	569	306		275	250	750	75	894	481	
Buttocks	195	150	450	135	634	341		225	175	525	150	731	394	
Umbilicus (Belly Button)	100	50	150	150	325	175		100	75	225	75	325	175	
Underarms	125	95	285	90	406	219		175	150	450	75	569	306	
Chest	225	190	570	105	731	394		275	250	750	75	894	481	
Chest and abs	375	300	900	225	1,219	656		475	400	1,200	225	1,544	831	
Legs	1 TX	MULTI	3 TXs	SAVE	5 TXs	SAVE		1 TX	MULTI	3 TXs	SAVE	5 TXs	SAVE	
Full legs	450	350	1,050	300	1,463	788		550	450	1,350	300	1,788	963	
Lower Legs (calves)	275	200	600	225	894	481		375	300	900	225	1,219	656	
Upper Legs (thighs)	300	250	750	150	975	525		400	350	1,050	150	1,300	700	
Feet and/or toes	100	75	225	75	325	175		150	100	300	150	488	263	
Toes	75	50	150	75	-	#VALUE!		75	50	150	75	244	131	

**Multi-area discount**  
(5 treatment packages only)

**Area 1  
+  
Area 2  
+  
Area 3**

**TOTAL PRICE  
- 5%  
ADDITIONAL DISCOUNT**