



**MICHAEL J. BROWN, M.D., P.L.L.C.**  
Aesthetic Cosmetic Plastic Surgery

**Laser Hair Treatment Pre & Post Treatment Instructions**

**Pre- Treatment Instructions**

- Discontinue irritants such as Retin-A, Retinols, Benzoyl Peroxide, Glycolic Acids, AHA's & BHA's and Hydroquinone for 3 days before treatment.
- No sun exposure 4 weeks prior to treatment; cannot be tan during treatment protocol.
- No tweezing, waxing, or electrolysis four (4) weeks prior to treatment.
- Shave as close to your appointment time as possible.
- Do not apply any creams such as cosmetics or deodorant to areas that will be treated.
- Cannot be on any light sensitive medications during treatment protocol.
- Patients are required to notify providers of new prescriptions.

**Post Treatment Instructions**

- Avoid using hot water on treated area for 24 hours or until redness subsided.
- Avoid excessive heat or sweating for 24 hours or until redness subsides.
- Avoid using deodorant or cosmetics to areas treated for 24 hours.
- Use gentle cleansers and moisturizers on treated areas.
- Avoid sun exposure for 2 weeks.
- When outside use SPF 30 or higher.
- Discontinue irritants such as Retin-A, Retinols, Benzoyl Peroxide, Glycolic Acids, AHA's & BHA's and Hydroquinone for 3 days before and after treatments.
- Use over the counter 1% Hydrocortisone cream if areas are itchy.

Please call the office if you have any questions or concerns 703.726.1175.  
We ask patients to remember scheduled appointments and kindly notify us 48  
hours in advance if an appointment cannot be kept.