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LUMENIS LIGHT SHEER DIODE LASER HAIR REMOVAL PRE AND POST CARE SHEET

1. Aerobic exercise should be avoided for 24 hours after treatment.
2. For 24 hours, we recommend a quick warm shower instead of a hot bath.
3. If the skin is broken or a blister appears, apply a polysporin ointment or Aquaphor, and notify Dr. McHugh at the office. Keep the area lubricated to prevent crusting or scabbing of tissue.
4. Use cold packs, aloe vera or any other cooling preparation to ease temporary discomfort.
5. Avoid prolonged sun exposure for 4 weeks before and after treatment. Apply a chemical free sun block, not a sunscreen. We recommend Skin Ceuticals Sport SPF 45 for body area and Revision SPF 20 for facial area. Sun exposure may cause certain complications (possibility of blistering and/or hyperpigmentation.) If you are tanned, you will not be treated.
6. If you have any questions or concerns, please contact the office without hesitation.
7. You may use makeup as long as the skin is not broken. Makeup can also serve to protect the skin from exposure.
8. No body scrubs or exfoliants 1 week prior to treatment.
9. Self tanners must be removed prior to treatment.
10. No plucking, bleaching or waxing 4 weeks prior to treatment. Shaving is fine.
11. Discontinue all cell exfoliating products 1 week prior to treatment, such as: Retin-A, Renova, Glycolic Acids, etc.