



## LASER HAIR REMOVAL

### Post Peel Instructions

*The following instructions will provide helpful information and guide you through your treatment. These are designed to be general guidelines. Remember, everyone responds differently.*

#### BEFORE THE TREATMENT

- Do not pluck the hair or remove it by methods like waxing or threading for at least 1 month before your treatment.
- Avoid sun exposure for at least 4 to 6 weeks before your treatment. Your skin must be its natural skin tone (no tanning or sunless tanner). Use a good sunscreen every day, even in the winter months.
- Shave the treatment area the day of your treatment. Trimming the hair prior to treatment is necessary to avoid burning of the existing hair.
- Come to your treatment with clean, makeup-free (if applicable) skin.

#### DURING YOUR TREATMENT

- The removal process is done in a few sessions depending upon the hair quality and quantity. Typically, 4-6 treatments with an annual maintenance treatment, as needed. Patients with lighter-colored hair (other than black) may require more treatment sessions with higher settings to see effective results.
- Goggles are worn for eye protection.
- Cooling gel will be applied to the site of treatment before starting.
- The 1064nm wavelength of the CUTERA Excel V laser will be used for your treatment. Pulses are transmitted via the hair shaft to inactivate the hair follicles.
- The treatment is relatively mild to no/minimum discomfort. Some may describe it as a light stinging while others describe it as being like the snap of a rubber band. To minimize any possible discomfort, the Excel V uses a proprietary cooling mechanism, that will alleviate what minor pain there may be.

#### WHAT TO EXPECT AFTER THE TREATMENT

- Mild swelling, redness and tenderness are commonly experienced immediately after the procedure which subsides gradually in few hours.
- An ice pack can be applied to relieve these symptoms.
- Continue to avoid sun for next few weeks and use SPF of 30+ daily.
- Continue to avoid all other hair removal methods other than trimming or shaving to the treatment site.



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CONTACT THE OFFICE IMMEDIATELY IF YOU ARE EXPERIENCING REACTIONS AFTER YOUR TREATMENT, SUCH AS:

- Moderate to severe swelling, burning or redness
- Itching that does not subside or resolve after applying moisturizer
- Rash-like skin appearance
- Blistering
- Pain

FOLLOW UP

Please make your follow-up appointment by calling the office or as instructed by Dr. Holland & team. If you have any problems before then, do not hesitate to call 207-835-4777 for assistance. **After hours, please call the office and press 7 when prompted to reach Dr. Holland directly.**