

Daphne Panagotacos, M.D.
Clayton Hinshaw, M.D.

Todd Lithgoe, PA-C
32144 Agoura Road #106
Westlake Village, CA 91361
panagotacos@gmail.com

805-379-3376

805-379-3267 (Fax)

Diplomate, American Board of Dermatology

MOHS Micrographic Surgery

RECOMMENDED HAIR REMOVAL FOLLOW-UP TREATMENT INTERVALS:

- Face: 4 weeks.
- Arms/underarms (axillae): 4-6 weeks.
- Bikini line: 4-6 weeks.
- Back: 8-10 weeks.
- Legs: 8-10 weeks.

In general, four to six (4-6) treatments may be needed to achieve the desired results.

HAIR REMOVAL POST-TREATMENT GUIDELINES

- A mild sunburn-like sensation is expected. This usually lasts two to twenty-four (2-24) hours but can persist up to seventy-two (72) hours.
- Mild swelling and redness may accompany this, but it usually resolves in two to three (2-3) days.
- Apply cooling to the treatment area for ten to fifteen (10-15) minutes every hour for the next four hours, as needed.
- An oral, over-the-counter anti-inflammatory (ibuprofen such as Advil®) or an analgesic (acetaminophen such as Tylenol®) may be taken to reduce discomfort. Use such medicine according to manufacturer's recommendations.
- Until redness has resolved, it is recommended to **avoid the following:**
 - Applying cosmetics to treated areas.
 - Swimming, especially in pools with chemicals.
 - Hot tubs, Jacuzzis, saunas.
 - Activities that cause excessive perspiration or any activity that may raise core body temperature.
 - Sun exposure or tanning to treated areas. Apply a SPF 45 or greater sunscreen to prevent skin color changes.
 - Aggressive scrubbing and use of exfoliants on the treated area.
- Bathe or shower as usual. Treated areas may be temperature-sensitive.
- Appearance of hair growth or stubble will continue for seven to thirty (7-30) days post-treatment. This is not new hair growth, but treated hairs being expelled from the skin.
- Hairs that were in the resting phase (telogen) at the time of treatment may enter the active growing phase (anagen) in one to six (1-6) months, depending on the body area.
- Follow-up treatment may be needed.
- **Do not pick or pull at darkened lesions as scarring may occur.**

POSSIBLE SIDE EFFECTS FOR HAIR REMOVAL

- Bruising, peeling, rash, lightening or darkening of skin color, ingrown hairs, crusting, swelling, infection, and removal or lightening of freckles.
- Removal or lightening freckles or other pigmented lesions. Freckles and other pigmented lesions may temporarily or permanently disappear in treated areas.
- Prolonged itching, redness, and blistering.
- Scarring.
- Pigment changes including hypopigmentation (lightening of the skin) or hyperpigmentation (darkening of the skin) lasting one to six (1-6) months or longer or possibly permanently.

Please contact our office should you have any questions: 805-379-3376