

Delaware Valley Plastic Surgery, P.A.

EVAN S. SOROKIN, M.D.
PLASTIC & RECONSTRUCTIVE SURGERY



LASER HAIR REMOVAL

- In New Jersey, Laser Hair removal is only performed by a licensed physician. Your treatment will be performed by Dr. Sorokin, a board certified Plastic Surgeon. A nurse or medical assist will be present during any treatment to assist the doctor.
- Unlike waxing, shaving, and depilatory creams, laser hair removal offers a permanent reduction in hair growth. Electrolysis is an effective means of hair removal whereby a needle is inserted into each hair follicle and electricity destroys the follicle. The laser treats hundreds of follicles with each laser pass with laser energy specific for hair pigment.
- There is no such thing as permanent hair removal and touch up treatments may well be needed. The FDA has approved permanent hair reduction and this is the procedure that is offered by Dr. Sorokin at Delaware Valley Plastic Surgery, PA.
- Most patients will require 5 or 6 treatments to obtain optimal results spaced out at 6-8 week periods. After this touchup treatments may be needed on a semiannual or annual basis.
- Dr Sorokin needs to be informed of any medications or supplements that you are taking or have taken in the last six months. Medications such as Accutane or Retin-A and Renova can make the skin much more sensitive and prone to complications.
- Please inform us of any history of cold sores or herpes viruses. Prophylactic medications will be given.
- Tanning will reduce the effectiveness of treatment. Dr. Sorokin has a laser capable of treating tanned patients however tanning simply decreases efficacy of treatment. Sunscreen and sun avoidance for one-two weeks prior to procedure is not required but highly recommended.

YOUR TREATMENT

- A light topical anesthetic may be applied although many patients do not need this due to the ultra-cold effects of the Cryogen cooling spray utilized. The treatment itself will feel like a light snap on the skin.
- Dr. Sorokin prefers patients to come with a day's worth of hair growth so that the areas to be treated can be visualized easily. Areas may be shaved in the office if the hair is too long to be treated. No waxing, plucking, tweezing, threading, bleaching for 6 weeks prior to procedure. No self- tanners!
- Subsequent treatments will be performed at 6-8 week periods. The laser only treats hair in the growing (anagen) phase of growth and time must be allowed for other follicles to enter this stage of growth.
- Depending on area to be treated the procedure may take between 15 minutes and half an hour.

AFTER TREATMENT CARE

- Any discomfort should be relieved with ibuprofen or Tylenol. It may feel like a slight sunburn in treated areas. Please let Dr. Sorokin know of any blistering or bothersome pain immediately at 856.797.0202
- Minor crusting of the skin or peeling is common. This may be treated with over the counter hydrocortisone cream or aloe vera gels.
- Mild soap and water should be used to gently cleanse the area treated. No exfoliation products! No loofas, abrasives, or scrubbing for 5 days!
- Do not shave any treated area for 72 hours after treatment. Hair will commonly continue to grow then fall out in the week after treatment.
- Do not use any medications on the treated areas without discussing with Dr. Sorokin. Astringents, peroxides, Retin-A, and many other topicals can be dangerous.
- After treatment a sunscreen with 35 SPF or greater is recommended at all times.
- Direct sunlight should be avoided after treatment.