



Laser Hair Removal Post Treatment Instructions

After your laser treatment:

- You may have some redness and/or mild swelling in the treatment area for up to 3 days after your treatment. It may feel similar to a sunburn.
- Apply ice in 15 min intervals for the first 4 hours to reduce swelling and/or discomfort. If redness or swelling persists, ice can be applied 3-4 times per day as needed.
- Make-up may be used immediately after treatment unless there is blistering.
- Avoid sun exposure until skin has returned to its normal state (no redness or swelling). Apply sunscreen with an SPF of 30 or higher to treatments areas that may receive direct sun exposure (i.e. lip, neck, face, hands, etc.), we recommend Glytone sunscreen.
- Avoid picking or scratching the treated skin. DO NOT use any other hair removal treatment products or services (i.e. waxing, tweezing, or electrolysis) that will disturb the hair follicle in the treatment area.
- Wash the treatment area with a gentle cleanser (we recommend Avene Gentle Wash Cleanser please ask staff for details) for 3 days after the treatment. DO NOT scrub.
- From 5-20 days after treatment, shedding of the surface hair may occur. This may appear as new hair growth although it is not new hair.
- After the underarm area is treated, use a powder instead of deodorant for 24 hours after the treatment to reduce skin irritation.
- Apply aloe vera to skin 2-3 times a day for the first 48 hours post treatment.
- If blistering occurs contact our office for instructions.

At the next visit, it is important for the you to let the laser technician know how long the redness lasted after treatment and when significant hair growth was noticed in the area. This info will allow the practitioner to individualize treatments to achieve the desired results. Best results are achieved when the hair is treated in 4-6 weeks cycles. Please schedule your treatments accordingly.

If you have any questions please contact us 503-241-3579