

## Laser Hair Removal Post-treatment Instructions

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Although pre-treatment instructions are probably more important for a patient to follow in order to ensure safe and effective results, post-treatment care is also important.

- 1) Immediately after treatment, there should be mild redness and swelling at the treatment site, which may last up to 2 hours or longer. The redness may last up to 2-3 days. The treated area will feel like a sunburn. Apply ice in 15-20 minute intervals for first few hours after treatment to reduce any discomfort or swelling. If redness or swelling persists, ice can be continued in 15 minute intervals 3-4 times a day for 3 days.
- 2) Makeup may be used immediately after the treatment unless there is blistering.
- 3) **Avoid sun exposure until skin has returned to its normal baseline** (no redness or swelling). Use sunscreen daily for at least 2 weeks.
- 4) Avoid picking or scratching the treated skin. Do not use any other hair removal treatment products or services (waxing, electrolysis or tweezing) that will disturb the hair follicle in the treatment area.
- 5) Wash the treated area and pat dry for 3 days after treatment. Do not scrub.
- 6) Start gently scrubbing treated area on the 4th day (ex-foliate).
- 7) Anywhere from 5-20 days after the treatment, shedding of the surface hair may occur and this appears as new hair growth. This is not new hair growth.
- 8) At 1 week post treatment, attempt to pull hairs out gently. If the hair comes out, as if unattached to the skin, proceed to pull out the hairs. Otherwise, wait 2 to 3 days and try again for up to 3 weeks.
- 9) For 2 to 3 weeks after treatment, ideally avoid shaving the shedding hair, although if absolutely necessary, gently touch hair with razor. Shaving can be performed on newly growing hair.
- 10) There are no restrictions on bathing except to treat the skin gently, as if you had a sunburn, for the first 24 hours.
- 11) **Use post-laser lotion twice a day for 3 days.**

At the next visit, it is important for you to let your practitioner 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.

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