



POST CARE FOR LASER HAIR REMOVAL

- A mild sunburn-like sensation is expected to last 2-24 hours but may persist for up to 72 hours.
- In some cases, prolonged redness, crusting, or blistering may occur.
- Apply cool gel/ice packs to the area every hour for 15 minutes until symptoms subside.
- Appearance of hair growth or stubble will be evident 7-30 days after treatment. This is NOT new hair growth. This is called “shedding”.
- Treated areas may feel dry. You can apply a mild moisturizer.
- Avoid sun exposure to reduce the chance of skin color changes.
- Wear SPF 30, minimum, on treated areas.
- Avoid aggressive scrubbing, exfoliating, or scratching the area.
- **Absolutely no tweezing or waxing. Shaving is fine.**
- **Bathe with luke-warm or cool water for 48 hours after treatment.**
- **Avoid excessive exercise, pools, jacuzzis, hot tubs for 2-3 days.**
- **Follow up treatments may be performed every 4 weeks or within 1-2 weeks of new hair growth.**

If you have any extreme discomfort or questions, please call the office.

Date of last treatment: _____

Next appointment: _____