

## **How to care for your skin after a laser hair removal session**

Laser hair removal is a popular and effective method for getting rid of unwanted hair. However, it's important to take good care of your skin after the procedure to ensure that you don't experience any adverse reactions. Here are some pre and after care tips

### **Before your service**

Please refrain from tanning for at least 3 weeks, laser can not be performed on tanned skin

Do not wax, pluck or use any depilatories for at least 1 month prior to service. Stop using retinoids or acids at least 1 week prior to service.

### **Avoid sun exposure**

One of the most important things to do after laser hair removal is to avoid sun exposure. The skin can be more sensitive to UV rays after the procedure, and exposure to the sun can cause burns or hyperpigmentation. It's best to avoid direct sunlight for at least two weeks after the procedure. If you must go outside, wear protective clothing and use a broad-spectrum sunscreen with an SPF of at least 30.

### **Keep the area clean and dry**

After laser hair removal, it's important to keep the treated area clean and dry. Avoid taking hot showers or baths for at least 24 hours after the procedure, as the heat can cause irritation. Use mild soap and water to gently cleanse the area, and pat it dry with a clean towel. Avoid using any harsh or fragranced products in the area.

### **Apply a soothing cream or gel**

After laser hair removal, your skin may feel sore or irritated. Applying a soothing cream or gel can help to alleviate discomfort and promote healing. Look for a product that contains aloe vera, chamomile, or calendula, as these ingredients are known for their soothing properties. Apply the cream or gel to the treated area two to three times a day as needed.

### **Don't pick at the treated area**

It can be tempting to pick at the treated area if you notice any scabbing or peeling, but it's important to resist the urge. Picking at the skin can cause scarring or infection. If you notice any scabbing or peeling, apply a moisturizer to the area to help it heal.

### **Avoid using makeup or other products on the treated area**

After laser hair removal, it's best to avoid using makeup or other products on the treated area for at least 24 hours. This will give the skin time to heal and reduce the risk of irritation. If you do need to apply makeup, make sure it's non-comedogenic and fragrance-free.

### **Moisturize the treated area**

Including the moisturizer in your skincare routine and keeping the treated area moisturized can help to prevent dryness and promote healing. Use a mild, fragrance-free moisturizer to hydrate the skin, and apply it two to three times a day as needed. Avoid using any products that contain alcohol or other harsh ingredients, as they can cause irritation.

### **Avoid sweating or exercise**

After laser hair removal, it's best to avoid sweating or exercise for at least 24 hours. Sweating can cause irritation and increase the risk of infection. If you do need to exercise, make sure to shower and change your clothes as soon as possible afterwards.

In conclusion, taking good care of your skin after laser hair removal is essential for promoting healing and preventing adverse reactions. Follow these tips to keep your skin healthy and comfortable after the procedure. If you experience any significant discomfort or adverse effects, contact your dermatologist right away. With proper care, you can enjoy smooth, hair-free skin for years to come.