



AMAZING SKIN AESTHETICS

6819 Warner Avenue
Huntington Beach, CA 92647
(714) 848-2232

LASER HAIR REMOVAL POST TREATMENT INSTRUCTIONS

Thank you for choosing **Amazing Skin Aesthetics**. Following these instructions is essential for protecting your skin and achieving the best hair reduction results.

1. Immediate Expectations (0–48 Hours)

- **Redness & Swelling:** It is normal to experience mild redness and "perifollicular edema" (small bumps that look like a mild heat rash or goosebumps) for 2 to 24 hours.
- **Sensation:** The area may feel like a mild sunburn. You may apply **aloe vera**, **hydrocortisone 1%**, or a cold compress (not direct ice) to soothe the skin.
- **Skin Protection:** Avoid all sources of heat including hot showers, saunas, steam rooms, and hot tubs for **at least 24 hours**. Use lukewarm water when washing.

2. Sun Protection (Mandatory)

- **Avoid Sun Exposure:** The treated area is highly photosensitive. Avoid direct sun exposure for **at least 2 weeks** post-treatment.
- **SPF 30+ Daily:** Apply a broad-spectrum sunscreen (Zinc Oxide or Titanium Dioxide preferred) to any treated area that may be exposed to light. Failure to protect the area can result in hyperpigmentation (dark spots).

3. Activity & Product Restrictions

- **No Exercise:** Avoid strenuous exercise or activities that cause excessive sweating for **24–48 hours**.
- **Gentle Products:** Do not use harsh chemicals, scrubs, or "active" skincare (Retin-A, Glycolic Acid, Salicylic Acid) on the treated area for **5 days**.
- **Deodorant:** If your underarms were treated, avoid deodorant for **24 hours** if the skin feels irritated.

4. Hair Shedding & Maintenance

- **Shedding:** Treated hair will not fall out immediately. It may take **7–21 days** for the hair to "shed" from the follicle. This may look like new growth, but it is actually the dead hair being pushed out.
- **Do Not Pluck or Wax:** Between sessions, you must **only shave**. Do not wax, pluck, thread, or use depilatory creams, as the laser needs the hair follicle to be present for the next treatment.



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5. When to Call Us (Red Flags)

While complications are rare, please contact us immediately at [714-848-2232](tel:714-848-2232) if you experience:

- Blistering or crusting of the skin.
- Pain that increases over time rather than decreasing.
- Extreme swelling or pus (signs of infection).
- Any "honey-colored" crusting or persistent scabbing.