



**Dr. Rachel Dunn-Black**  
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## **POST-TREATMENT CARE for Laser Hair Removal**

1. Care should be taken to prevent trauma to the treated area for the first 2 or 3 days following treatment. Shaving should be avoided post treatment for 24 hours or until any sign of irritation has vanished. You may apply Vitamin E or Aloe Vera post treatment for a soothing effect.
2. A minimum SPF 30 Sunscreen (UVA/UVB) should be used for any sun exposure during your treatment. Sun tanning and tanning beds should be avoided for 24 hours after any redness disappears following treatment of the 1064 nm YAG wavelength and 4 weeks prior and throughout the course of treatments with the 755 nm Alexandrite wavelength.
3. Avoid any strenuous workout, hot tubs and spas for 24 hours after treatment.
4. If the skin is broken or a blister appears, apply Bacitracin and **contact us**. Also, for further protection, keep the affected area covered and moist with Aquaphor and avoid direct sunlight while experiencing these symptoms. Delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment.
5. Cold packs or cortisone cream may be used to ease any temporary discomfort.
6. Makeup can be applied as long as the skin is not broken.
7. If you experience an irritated raised rash after treatment, Benadryl should help relieve the itchiness. Although rare, these symptoms may take up to a several months to subside. Also, avoid direct sunlight to the affected area while experiencing these symptoms.
8. Patients who have been tested for epidermal reaction with a test spot can return in 72 hours for treatment.
9. Hair may take **up to 4 weeks**, or in some cases, as little as a few days, to fall out following treatment.
10. Follow-up subsequent treatments are based on the technician's recommendation, usually about 4 weeks for facial hair and 6 to 8 weeks for body hair.

*If you have any questions or concerns, please call our office (530) 842-3261 or contact us via email at [rdbmd@claritymedicalspa.net](mailto:rdbmd@claritymedicalspa.net)*

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