

Laser Hair Removal Post-Care Instructions

[Tori's Treatments](#)

Thank you for choosing **Tori's Treatments** for your laser hair removal treatment! Proper aftercare is important to help minimize irritation and maximize results.

Immediately After Treatment

It is normal to experience:

- Mild redness
- Sensitivity
- Warmth
- Slight swelling around hair follicles (similar to goosebumps)

These effects usually improve within several hours to a few days.

You may:

- Apply cool compresses as needed
 - Use aloe vera or gentle moisturizer
 - Keep the area clean and hydrated
-

First 24–48 Hours

Avoid:

- Hot showers or baths
- Saunas or steam rooms
- Excessive sweating/exercise
- Tight or irritating clothing over treated areas
- Scratching, picking, or exfoliating the skin

Treat the area gently while it heals.

Sun Protection

For at least 1–2 weeks after treatment:

- Avoid direct sun exposure
- Wear SPF 30+ daily
- Avoid tanning beds and self-tanner

Sun exposure after laser treatment increases the risk of burns and pigmentation changes.

Hair Shedding

You may notice:

- Hair appearing to “grow” after treatment
- Patchy shedding over the next 1–3 weeks

This is normal and part of the treatment process.

Do NOT:

- Wax
- Tweeze
- Thread

You MAY:

- Shave between treatments if needed
-

Avoid for 5–7 Days

Unless approved by your provider, avoid:

- Retinol/Retin-A/Tretinoin
 - Exfoliating acids
 - Harsh scrubs
 - Chemical peels
 - Other laser treatments in the area
-

Contact Your Provider If You Experience

- Blistering
- Severe swelling

- Signs of infection
 - Persistent pain
 - Burns or significant skin discoloration
-

Helpful Tips

- Stay consistent with your treatment schedule for best results.
 - Multiple sessions are needed because hair grows in cycles.
 - Hair typically becomes finer, lighter, and slower growing over time.
-

Thank you for trusting [Tori's Treatments](#) with your care!