

Post-Treatment Instructions Laser Hair Removal

A mild sunburn-like sensation and mild irritation is expected, this usually lasts about 24 hours, up to 72 hours or longer in some cases. Apply cooling treatment to the treated area every hour for 10-15 minutes for four hours if needed.

Until redness/irritation has resolved, it is recommended to **avoid the following:**

- Saunas, hot tubs, jacuzzis, swimming pools and **ocean water**.
- Activities that cause excessive perspiration or any activity that may raise body core temperature.
- Sun exposure or tanning to treated areas.
- Applying cosmetics to treated areas.
- Aggressive scrubbing and use of exfoliants on the treated area.

-Bathe or shower as usual. Avoid exfoliating products in the treatment area for 1 week. Use tepid water to wash the treatment area and pat dry. Treated area may be temperature-sensitive.

-Avoid shaving for 5 days after treatment to minimize irritation.

-Avoid direct sun exposure for 1 week after treatment. Apply SPF 50, **daily** to prevent skin color changes, or cover treatment area with clothing or a hat when in the sun.

-In the next 7-10 days or longer, you may notice treated hair falling out or the appearance of hair growth or stubble. This is not new hair growth but treated hairs being expelled from the skin. Hair may appear patchy until the succession of treatments. Your next cycle of hair growth will grow in prior to your next treatment less 15% on average.

-If irritation lasts longer for 72 hours then you can apply a 1% OTC hydrocortisone cream to calm and soothe the area. Do not use this product for longer than 7 days.

-Consistency of treatment intervals will increase permanent reduction outcomes.