



LASER HAIR REMOVAL POST TREATMENT INSTRUCTIONS

1. A mild sunburn-like sensation is expected. This usually lasts 5-10 minutes but can persist up to 24 hours, individuals may vary. Mild swelling, tenderness and/or redness may accompany this, but it usually resolves in 2-3 days.
2. Apply ice/gel packs to the treated area for 10-15 minutes every hour for the next few hours as needed.
3. In rare cases, prolonged redness or blistering may occur. An antibiotic ointment (Polysporin, Bacitracin) may be applied to the affected areas twice a day until healed or Herbal Ed's Salve (Health Food store) can be used. Please contact our office if you experience this.
4. Bathe or shower as usual. Treated areas may be temperature-sensitive. Cool showers or baths will offer relief. Avoid scrubbing, use of exfoliants, scrub brushes and loofah sponges until the treatment area has returned to its pre-treatment condition.
5. Apply an SPF 30 sunscreen or greater to prevent skin color change.
6. For dry and itchy skin, apply a gentle moisturizer twice a day until resolved.
7. The appearance of hair growth or stubble will continue for 7-30 days post-treatment. This is not new hair growth but the treated hairs being expelled from the skin. Hairs that were in the 'resting phase' of growth at the time of your treatment will enter the active phase in 1-2 months, depending on the body area.
8. Clients with facial hirsutism who have been diagnosed with Polycystic Ovary Disease (POD) and/or ovarian hyperandrogenism, and some clients of Middle Eastern and Mediterranean descent could experience paradoxical (extra) hair growth in adjacent untreated areas.
10. Do not pick or remove scabs or crusting should they appear.
11. Clipping and shaving is permitted in between treatments. Please do not wax, tweeze or epilate during the duration of your treatments.

Until the redness has completely resolved, avoid all of the following:

- Applying cosmetics to the treated area
- Swimming, especially in pools with chemicals, such as chlorine
- Ocean swimming and Hot Tubs/Jacuzzis
- Excessive perspiration or irritation to the treated area
- Sun exposure to the treated areas – to prevent skin color change.