

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 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. Treated area may be temperature-sensitive.

Resume discontinued medication **only** if not continuing with a treatment series or as recommended by prescribing physician.

Apply SPF 50, **daily** to prevent skin color changes, or cover area with clothing or a hat when in the sun.

Topical and mechanical exfoliants may be resumed 48 hours after treatment, as long as irritation has subsided.

In the next 7-10 days you may notice treated hair falling out, avoid shaving for 4-5 days so hair can be expelled. Hair may appear patchy until the succession of treatments.

Over the next 7-30 days you will notice the appearance of hair growth or stubble. This is not new hair growth but treated hairs being expelled from the skin. Your next cycle of hair growth will grow in prior to your next treatment less 20% on average.