



Post Laser Hair Removal Instructions

- * After your treatment you may experience a slight sunburned feeling, some redness, swelling and/or hiving on the treated area.
- * You may take Advil or Tylenol for discomfort.
- * You may apply cool compresses or ice to the area for the next few hours.
- * If you had a large area (e.g. back, legs) increase your water intake the day of treatment. Drink a least 5-8 eight oz glasses of water.
- * Avoid alcohol for 24 hours.
- * Wash area with a mild soap (e.g. Cetaphil, Dove, Oil of Olay).
- * Do not use glycolic acid, Retin A or exfoliation products for at least three days following procedure.
- * No hot tubs or saunas for 3 days after hair removal.
- * Use sunblock with a SPF of 30 or greater for at least 6 weeks after treatment. Please apply 1/2 hour prior to going outdoors. No excessive sun for 1 to 2 weeks after treatment.
- * While undergoing treatment, exposure to the sun may result in a discoloration of the skin on the treated area. To avoid this you must protect the area from sun exposure.
- * You may notice some singed hairs or dark dots. These are hairs that have been lasered. A shedding process occurs after treatment. Be patient, it may take a week or two for the hair to fall out.
- * You may shave at this time however do not pluck, bleach, or wax the area.
- * Do not come in for laser treatment if you are tan. This can increase a chance of overheating the skin resulting in crusting or blistering.
- * If you develop a fine crust or blister over the treated area, keep it clean with a mild soap and apply an over the counter antibiotic ointment such as bacitracin or neosporin. Do not use glycolic products, exfoliation products or Retin A until all crusting is gone. Please call the office.
- * Please call the office if you have signs of crusting, blistering or infections such as: yellow or cloudy discharge, increasing redness and pain.
- * Please call the office if you have any concerns.