



POST-TREATMENT CARE INSTRUCTIONS – LASER HAIR REMOVAL

DAY OF TREATMENT

- Most common side effects: skin will have redness like a mild sunburn and /or slight inflammation or “welt” like appearance. This will last approximately from 1 to 6 hours and possibly extend over several days. Skin may also feel warm. A “crusting” or scabby look might appear.
- Immediately following procedure, ice 10 -15 minutes. If skin feels warm after arriving home, ice as needed, no longer than 10 to 15 minutes at one time.
- Keep area clean with mild soap/cleanser using fingertips only. DO NOT scrub area. Avoid astringents, toners and lotions.
- Avoid sun exposure to area.
- Avoid exercise and/or sweating.
- No makeup on the treated area.
- Wear loose fitting clothes / shoes near or on treated area.
- NO deodorant / antiperspirant on treated area.

2 TO 4 DAYS POST-TREATMENT

- Continue to keep area clean. Do not scrub.
- As subcutaneous hair works its way out of hair follicle DO NOT pull or tweeze. You can shave or “snip” area close. Hair will completely fall out within 10 to 18 days.
- You may resume normal daily routines once skin heals, approximately 1 to 6 days.

COMMON QUESTION:

“How will I know when to return for future treatments?”

- It is important for the continued success of your treatments to return on a timely basis, i.e. immediately after you see hair. Hair grows in cycles. It will appear on the area in that way, waves of hair growth, not just one or two at a time. The new / young hair is “melanin rich” at this time and most effectively treated and destroyed.

AVERAGE TIME TABLE FOR GROWTH CYCLE OF HAIR

- Facial / neck hair grows faster than body hair. Treatments will be approximately 5-10 weeks apart.
- For all other body areas treatments will be 6 to 12 weeks apart.
- Do not coordinate areas of treatment if you are currently treating multiple areas.

REMEMBER:

- Your best success and results will be achieved if you maintain a timely treatment schedule. If you wait to return, the hair will grow into a stage that will become impervious to the laser. Make your next appointment immediately after noticing any hair growth.
- AVOID SUN EXPOSURE ON TREATMENT AREAS AND USE NO SELF TANNING PRODUCTS ON THE TREATMENT AREAS!!