

HAIR REMOVAL AFTER CARE FORM

Post Treatment Instructions:

1. Immediately after laser hair removal, redness and bumps at the treatment area is normal. It may feel like a sun burn for a few hours. If needed, use a cold compress. Any crusting, apply antibiotic cream. Some physicians recommend aloe vera gel or some other after sunburn treatment such as, Desitin. People with darker skin types may experience more discomfort than people with lighter skin types and may require longer usage of aloe vera gel or an antibiotic cream.
2. Makeup may be used after the treatment, unless there is epidermal blistering. It is recommended to use new makeup to reduce the possibility of infection. Be sure to wear moisturizer on under your makeup. In fact, moisturizer will help exfoliate the dead hair from the follicle, so use moisturizer frequently and freely on the treated area. Any moisturizer without alpha-hydroxy acids is recommended.
3. Avoid sun exposure, tanning beds or self-tanning lotions to reduce the chance of dark or light spots for 2 months. Use sunscreen SPF 25 or higher at all times throughout the treatment and for the following 1-2 months.
4. Avoid picking or scratching the treated skin, this may cause scarring. **DO NOT USE** any other hair removal methods or products on the treated area during the course of your laser treatments, as it will prevent you from achieving your best results.
5. Shower with lukewarm water after the laser treatments, use soap, deodorant, etc. The treated area may be washed gently with a mild soap. Skin should be patted dry and **NOT** rubbed. You may apply deodorant after 24 hours.
6. Avoid hot tubs or saunas while skin is red (1-2 days).
7. No strenuous exercise for 24 hours after the treatment, this will aggravate the redness and swelling.
8. Hair re-growth occurs at different rates on different areas of the body. New hair growth will not occur for at least three weeks after treatment.

Call the office with any questions or concerns you may have after the treatment.

Please note:

Stubbles, representing dead hair being shed from the hair follicle, will appear within 5-30 days from the treatment date. This is normal and is not new hair growth. It will fall out quickly, or you can help the hair exfoliate by gently wiping with a washcloth.