

Laser Hair Reduction Post Treatment Instructions

Post-Treatment Instructions

- No tanning of the skin for 48 hours after treatment.
- No exercising or working out for a minimum of 12 hours (if area is still red after 12 hours, wait until all redness has subsided).
- No saunas, hot tubs, or hot showers for a minimum of 12 hours) if area is still red after 12 hours, wait until all redness has subsided).
- Avoid any other activity that will cause sweating for at least 12 hours.
- Moisturize treated skin and wear sun block containing zinc oxide or titanium oxide with at least an SPF 30.
- No waxing, tweezing, or electrolysis on treated area. You may shave or clip hair.
- Apply a cold, wet compress to treated areas several times a day if redness or irritation is bothersome.
- Keep regularly scheduled appointments to achieve maximum results.

Possible Side Effects

- Slight reddening of the skin.
- Local swelling which goes away within a few days, including follicular edema.
- Blistering in rare cases.
- During the healing processing, skin may become either darker (hyperpigmented) or lighter (hypopigmented). This is usually temporary. DO NOT rub it but allow it to exfoliate naturally.

You will be guided by a skin care professional in choosing products to assist in the healing process. Please feel free to ask any questions you might have regarding the procedure.