



Laser Hair Removal Post Treatment Instructions

- You may apply cold compresses or ice packs 3-4 times per day for 10-20 minutes a time to alleviate discomfort or swelling.
- Avoid harsh rubbing, picking or scratching of the treated area following your laser treatment.
- You may apply makeup if your skin is not irritated or blistered.
- Immediately contact our office if you have any blistering or crusting. Should this occur, you should apply a topical antibiotic ointment twice a day until the area is healed. Keep the area clean and covered with a bandage. It is important to avoid all sun exposure to the area and avoid picking or scratching the area as it may result in scarring.
- During treatment only trim or shave hair.
- Shave 1 day prior to your treatment appointment.
- Schedule your next treatment in 4-6 weeks. Treatments done sooner than 4 weeks are not any more effective. Treatments done greater than 6 weeks can result in poor results and the need for additional treatments.
- Avoid all direct sun exposure and tanning for 48 hours after your treatment. Wear a sunscreen EVERY DAY - rain or shine!
- It is normal for the hair to fall out 2 weeks after your treatment. **ONE TREATMENT IS NOT ENOUGH FOR OPTIMAL RESULTS!** It typically takes a minimum of 6 treatments, and possibly more, done at regular intervals to obtain optimal results.