

## Post Laser Treatment

- You may have some redness and/or mild swelling in the treatment area for up to 7 days after your treatment. It may feel similar to a sunburn .
- Apply cold pack in 15 min intervals for the first 4 hours to reduce swelling and/or discomfort. If redness or swelling persists, cold pack can be applied 3-4 times per day as needed, as well as "Hydrocortizone 10" cream, available over the counter.
- Make-up may be used immediately after treatment unless there is blistering.
- Avoid sun exposure, pools, saunas or any kind of heat for 72hr until skin has returned to its normal state (no redness or swelling). Apply sunscreen with an SPF of 30 or higher to treatments areas that may receive direct sun exposure (i.e. lip, neck, face, hands, etc.).
- Avoid picking or scratching the treated skin. This can cause irritation or infection. DO NOT use any other hair removal treatment products or services (i.e. waxing, tweezing, or electrolysis) that will disturb the hair follicle in the treatment area.
- Wash the treatment area with a gentle deanser (we recommend Avene Gentle Wash Cleanser please ask staff for details) for 3 days after the treatment. DO NOT scrub. Make sure your hands are dean!
- From 5-20 days after treatment, shedding of the surface hair may occur. This may appear as new hair growth although it is not new hair. Afterwards, more hair may appear, although this is also not new hair, but simply the hair that was in the telogen stage before (inactive growth phase).
- After the underarm area is treated, use a powder instead of deodorant for 24 hours after the treatment to reduce skin irritation, and avoid exercise for 24 hours.
- Apply aloe vera to skin 2-3 times a day for the first 48 hours post treatment to help sooth and moisturize the skin. Healing is facilitated by this moisturizing.
- If blistering occurs apply topical antibacterial creams to prevent infection, contact our office for instructions.