



Laser Hair Removal Post Treatment Instructions

- You may apply cold compresses or ice packs 3-4 times per day for 10 - 20 minutes at a time, to alleviate any discomfort or swelling.
- Avoid harsh rubbing, picking or scratching of the treated area following your laser treatment.
- You may apply makeup as long as your skin is not irritated or blistered
- Immediately contact our office should you have any blistering or crusting. Should this occur you should apply a topical antibiotic ointment (e.g. Neosporin or Bacitracin) twice daily 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.
- You may tweeze, shave or wax for 48 hours after your treatment to remove the treated hair. Do not bleach, tweeze or wax after 48 hours post laser treatment. Instead, you may trim or shave the hair until your next laser treatment
- Shave 1 day prior to your visit.
- Schedule your next treatment in 4-6 weeks. Treatments done sooner than 4 weeks are not any more effective. And 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 laser treatment. Wear a sunblock daily!
- It is normal for the hair to fall out 2 weeks after your laser 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.

Revised 3/1/13