

# Laser Hair Removal After Care

## What to Expect Post Treatment

- Immediately following treatment your skin may feel like it has a slight sunburn. You may experience redness and swelling around the hair follicles which appears like a bumpy rash along with some tenderness.
- 1-3 weeks later the treated hairs will purge from the skin and fall out.
- 4-6 weeks later new, finer hair will grow back.

## How to Care For Your Skin

- You can apply a cold compress to the area for a few hours after treatment if needed. You can apply aloe to the skin several times a day if you are experiencing a sunburn-like sensation. For itchiness, you can apply a small amount of topical Benadryl or OTC anti-itch cream to the area.
- People with tanned or darker pigmented skin may experience more discomfort and redness and may require the use of aloe vera gel or antibiotic ointment for longer.
- You may resume shaving, using deodorant, and applying lotion and makeup to the area once the skin is calm.
- Shaving or the use of an exfoliating scrub in the area 1 week post treatment will help exfoliate the hair follicles and eliminate in-grown hairs.

## What To Avoid

- Avoid any heat to the skin for up to 2-3 days such as hot showers, hot tubs, saunas, steam rooms, hot yoga, and vigorous exercise to reduce the chance of hyperpigmentation (darker pigmentation), hypopigmentation (lighter pigmentation) or thermal burns.
- Avoid sun exposure for 2 weeks before and 1 week after each treatment. Ideally, avoid all sun exposure in the area throughout the treatment course.
- Avoid picking or scratching the treated skin.
- Avoid waxing or tweezing the area during the course of laser treatments

## How to prepare for your next treatment:

- Shave the area the day before or the day of treatment. The closer the shave, the more comfortable the treatment will be.
- You can take ibuprofen 1 hour prior to treatment for maximum comfort
- Avoid sun exposure in the treatment area.