

# LASER HAIR REMOVAL

## POST-TREATMENT INSTRUCTIONS



Adverse Reactions are already a risk. Your conduct in the first 24 hours after treatment (and even as long as two weeks afterwards) greatly affects whether you suffer that reaction.

### Immediately following treatment:

- The treated area will feel like a sunburn for a few hours following treatment.
- There should be Edema (swelling) of each hair follicle in the treatment area which will normally last up to 2 hours, and Erythema (redness) in the treatment area for up to 2-3 days. No cream is necessary, do not use Hydrocortisone.
- If Edema and/or Erythema do not go away as expected or become too itchy, you may take oral Benadryl but do not use Hydrocortisone.

### The first 24 hours after treatment:

**Make Up:** It is best to wait to apply makeup until the morning after your treatment. If absolutely necessary makeup may be applied following treatment as long as the skin is not irritated.

**No Sun:** Treatment site CANNOT HAVE SUN EXPOSURE or self-tanning lotion. As explained by the "Contract for Laser Services", direct sunlight is NOT BLOCKED by sunscreen. It only reduces sunlight, which still increases risk of adverse reactions.

**No Hot Water:** Do not submerge treatment site in water, especially hot water, so no swimming, tub bathing, hot tubs, etc.

**Rest:** Avoid activity that (from either physical exertion or heat exposure) makes you sweaty. Even outdoors in the shade is bad. Stay in air-conditioned environments.

**For Underarm Treatment:** No antiperspirant until morning after treatment. Deodorant without antiperspirant is ok.

### After the first 24 hours:

**Clean:** When showering gently hand wash the treatment site with mild soap and lukewarm water, rinse thoroughly, and pat dry.

**Sun:** Continue to avoid any direct sun exposure to the treatment area for at least 2 weeks after treatment. After that 2 weeks, sunscreen SPF 30 must be worn always (meaning that it gets reapplied as the sunscreen sweats or rubs off).

**Shedding:** Around two weeks following treatment the hairs on the treated area will begin to shed. During this phase hair on the treated area will appear to be growing, but what you are actually seeing are hairs that are disconnecting from your skin because they are no longer connected to a root. Once the shedding phase is complete (around 3 weeks following treatment) you will experience a hair free period that will last around a month. After that:

- The hairs that happened to be in the Anagen stage of the hair growth cycle (attached to the root) when your treatment occurred are now permanently removed and will not grow back.
- Your next treatment will be spaced out to give enough time for hair follicles that were previously in a Telogen phase (not attached to root) to cycle to an Anagen phase of hair growth where the laser will be able to destroy the root.