

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 treatment site may feel irritated (like a sunburn) for a few hours after treatment. There should be Edema (swelling) of each hair follicle which normally lasts up to 2 hours, and Erythema (redness) of the treatment site for up to 3 days. If Edema or Erythema do not go away as expected or become too itchy, you may take oral Benadryl or use 1% Hydrocortisone cream.

The first 24 hours after treatment:

Make Up: Do not apply makeup until the morning after your treatment. If absolutely necessary, makeup may be applied right after treatment IF the skin is not irritated.

No Sun: Treatment sites CANNOT HAVE SUN EXPOSURE or the equivalent (like tanning beds). As explained by the "Contract for Laser Services", sunlight is NOT BLOCKED by sunscreen/sunblock, clouds, clothing, or a canopy of trees. Some of the dangerous, invisible sunlight penetrates even special, UPF (ultra-violet protection factor) clothing, so no protective step gives you an excuse for ignoring the strict, 24-hour rule against sun exposure.

No Hot Water: Do NOT take HOT shower or HOT bath as increasing skin temperature can place you at risk for an adverse reaction

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. Treatment sites that are damp/sweaty and hot will promote bacteria.

For Underarm Treatment: No antiperspirant until morning after treatment, but deodorant WITHOUT antiperspirant is ok. May use baby powder.

After the first 24 hours:

Clean: You can begin showering and/or submerging the treated area as normal. Avoid harsh perfumes, soaps, or irritants.

Limited Sun: Although the requirement is not as strict as during the first 24 hours, for at least 2 weeks after treatment, avoid sun exposure if possible, and cover with UPF clothing if not possible to avoid it. After that 2 weeks, whenever outdoors use a zinc oxide or titanium dioxide sunscreen/sunblock of SPF 30+, and reapply as it sweats off or rubs off.

Shedding: Around two weeks following treatment the hairs of the treatment site will begin to shed. During this phase, hair will appear to be growing, but what you are actually seeing is hairs disconnecting from your skin because they are no longer connected to a root. You may use a natural loofah to help exfoliate the area to help facilitate the hairs to fall out. Once the shedding phase is complete (around 3 weeks following treatment) you will experience a hair-free period that lasts around a month. After that:

The hairs that happened to be in the Anagen stage of the hair-growth cycle (attached to the root) during your treatment are usually permanently removed and do not grow back.

Your next treatment will be spaced out to give enough time for hair follicles that were previously in a Telogen stage of the hair-growth cycle (not attached to the root) to cycle to an Anagen stage, where the laser is better able to destroy the root.

There are foreseeable risks from these procedures, even if we do everything correctly, and what increases those risks the most is something we cannot control - whether you get "sun exposure" or otherwise deviate from these instructions.