

## LASER HAIR REMOVAL POST-CARE INSTRUCTIONS

- Immediately after your treatment, you will likely experience some slight redness, swelling around the hair follicles, and mild discomfort like a sunburn. You may use aloe gel or apply cool packs.
- You may also notice during and immediately after your session the smell of burned hairs. This is normal and will subside with cleansing.
- Do not rub or pick the treated area. Do not use any loofahs or abrasive scrubs for at least 3 days or until any redness and sensitivity subsides.
- Avoid strenuous sports activities or hot water/ saunas/ Jacuzzi for up to 24 hours after treatment to minimize irritation and prolonged redness.
- If crusting or blistering develops, apply Vaseline or ointment twice daily to keep the area moist until healed, and contact our office if the area shows signs of a worsening condition.
- Continue to use broad-spectrum SPF 30 or higher for the duration of your treatments.

## LASER HAIR REMOVAL POST-BOOKING INSTRUCTIONS

- After your treatment, the hair may appear to grow for up to the next few weeks. This is simply the treated hair being shed from the follicle and is not new growth. Once the hair has fully shed, you may be hair-free for a few days, up to a few weeks leading up to your next treatment.
- Shaving is recommended between sessions and is recommended the day prior to your next appointment to minimize discomfort. If the areas are not cleanly shaved, we may not be able to treat them.
- Your session is typically scheduled in 4 weeks for facial areas and 6 to 8 weeks for other areas of the body. Adhering to this schedule is important to ensure the success of the treatments.
- Electrolysis, waxing, threading, tweezing, or sugaring are to be avoided between sessions. Shaving or trimming hair may be resumed normally during the duration of treatment.