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Post Treatment Instructions

Laser Hair Reduction

Patient response can vary after a hair reduction treatment. Erythema (redness) and edema (swelling) around the hair follicles in the treated area are sometimes noted within a few minutes after the completion of the procedure and typically completely resolve within 24-48 hours. A sunburn sensation in the area treated is also normal and expected.

The treated area must be treated with care. **BE GENTLE!** Do not scratch or pick at your skin.

- Until sensitivity has completely subsided, avoid all of the following:
 - Applying make-up over the treated areas
 - Use of scented lotions or soaps, deodorants, exfoliant creams (Retin-A, glycolic/salicylic and alpha-hydroxy acids), acne creams or gels, loofa sponges and aggressive scrubbing
 - Hot or cold water - wash with tepid water
 - Extreme cold – do not use direct ice to cool the area
 - Shaving over sensitive, irritated or raised areas
 - Swimming pools and spas with multiple chemicals/chlorine
 - Activities that cause excessive perspiration or the addition of heat or friction to the treated area. *The addition of excess heat or sun exposure has caused negative or adverse events for up to 72 hours post treatment.*
- A cold compress can be used to provide comfort if the treated area is especially warm. This is typically only needed within the first 12 hours after the treatment.
- Misting with cool water is appropriate to cool the treatment area as well.
- Vitamin E or Aloe Vera applied to the treatment area may provide a soothing effect.
- Post treatment discomfort is typically minimal but if the area is very uncomfortable, oral pain reliever; i.e. Extra Strength Tylenol, may be used.
- In the unusual case of crusting of the skin in the treated area, apply an antibiotic ointment twice a day to the affected areas. Do not pick at these areas, as this may result in infection or scarring.
- If the skin is broken or a blister appears, apply an antibiotic ointment and **contact** the office immediately. Keep the affected area moist and avoid direct sunlight.
- In rare cases, hives have been reported after laser hair reduction treatments. If you experience an irritated raised rash after treatment contact the office. Benadryl may be taken to help relieve the itchiness.
- **Do not use any other hair removal methods or products on the treated area during the course of your laser treatments** (tweezing, waxing and depilatories), as it will prevent you from achieving your best results.
- Strictly avoid any sun exposure to the treated area for a minimum of 7 days after the procedure. The treated area is more prone to sunburn and pigmentation change. Keep the area covered and use a sun block with a protection factor of 30+. Delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment.
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- Subsequent treatments are based upon your clinician’s recommendation and are typically

- Hair may take **up to 4 weeks**, or in some cases, as little as a few days, to fall out following treatment. Do not be alarmed if hairs appear to be “growing” during this time.
- Subsequent treatments are based upon your clinician’s recommendation and are typically 4-8 weeks apart. The number of treatments needed will depend upon the body location, the amount of hair present, the character of the hair and your skin type.

Patient Signature: _____ Date: _____