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AESTHETICS & WELLNESS

Laser Hair Reduction Post Treatment Instructions

Immediately after your treatment, there will be the erythema (*redness*) and follicular edema (*swelling*) at the treatment site which may last up to 2 hours or longer. It is normal for the treated area to feel like a sunburn. The application of **ice or a cold compress** will reduce the discomfort and swelling. You may also use an oral, non-steroidal anti-inflammatory, such as Ibuprofen or Advil if you have discomfort.

If there is blistering, please notify our office immediately.

Avoid sun exposure and/or tanning beds to the area to be treated. **Sun exposure must be avoided in the treated area for the duration of your series.** There should not be a tan in the area of treatment. **Do not use self tanners** during this time, **including spray tans, tanning lotions, tanning beds**, or other artificial tanning methods. Natural or artificial tans can affect your results after treatment or cause burns and or scarring. Apply a sunscreen, SPF 30 or greater, at all times throughout the course of the treatment. We recommend **Elta MD Sunscreens** sold in our offices.

Treated areas may be temperature-sensitive. Cool showers or baths will offer relief. **Avoid the use of harsh products such as exfoliants, glycolic acids, prescriptive topical medications, loofahs, sponges, etc.** until the area of treatment has returned to its pre-treatment condition.

In some cases, prolonged redness may occur. If so, we advise a daily AM & PM topical application of an over-the-counter steroid (*such as hydrocortisone 1%*), sold in our office. Begin to apply hydrocortisone to the treatment area 1-2 days prior to the day of treatment, and continue a daily AM & PM application for 1-2 days post treatment. **Do not apply longer than 7 days in a row.**

Appearance of hair growth or stubble will continue for 7-14 days post treatment. These are the treated hairs being expelled from the skin.

1-2 packages may be necessary to get your desired clearance. Laser Hair Reduction will require maintenance.