

Laser Hair Removal Post-Op Instructions

After Treatment:

- Immediate redness and swelling are expected effects from the laser and will most often resolve within several hours, but may last a couple days. During this period, patients may also experience a mild sunburn-like sensation and/or itching. Makeup can be applied immediately after treatment.
- Until redness has resolved, it is recommended to avoid swimming, hot tubs, saunas, exercise or other activities that can cause excessive perspiration or may raise core body temperatures, and aggressive scrubbing or use of exfoliants to the treated area. You may bathe or shower as usual, but the treated areas may be temperature-sensitive, so it is recommended to use lukewarm water and a gentle cleanser. Avoid any retinoid products for 1 week after the procedure.
- It is important to keep the treated area protected from the sun immediately after and between treatments to avoid potential complications.
- Appearance of hair growth or stubble may continue for 7-30 days after treatment. This is not new hair growth, but treated hairs being expelled from the skin. You may shave as desired during this period, but do not tweeze, wax or thread.
- Patients prone to ingrown hairs may benefit from an exfoliating body wash or treatment cream.
- Unanticipated skin effects include burns, blisters, scabbing, skin discoloration, and scarring. If you feel you may be experiencing an unanticipated effect after laser hair removal, please contact us as soon as possible via phone or Klara.