

Laser Hair Removal

Post Treatment Recommendation

After the treatment

- Until irritation has resolved completely or at least **for 48 hours post treatment:**
 - Avoid excessive exercise, friction and activities that may raise body temperature.
 - Do not go in to spa, pool or sauna i.e. places when the treated area may be exposed to chlorine, chemicals or excessive heat.
 - Clean the treated area with gentle cleanser only.
 - Use only mineral make up.
 - Cool the skin as needed with cool packs, Aloe Vera gel or/and soothing cream (e.g. Hyal Ceutic or K Ceutic).
- You can bath or shower as usual, however:
 - Do not soak, aggressively scrub or exfoliate the treated area.
 - Do not use skin products that contain active ingredients (e.g. vitamin A and AHA) for 5-7 days, or until irritation has resolved.
- Do not pick, remove, or pull at any darkened lesions as scarring may occur.
- Do not shave the treated area if crusting is evident.
- Do not wax or tweeze as it will remove the target of the treatment
- **Avoid direct sun exposure between treatments. Apply SPF 45+ to protect exposed treated areas.**

What to expect?

1. A mild "sunburn" sensation in the treated area may occur and will gradually subside in 1-3 days.
 2. Treated areas may remain temperature-sensitive for up to 7 days
 3. Because treated hair follicles have been heated, the area may become red and possibly swell for 1-3 days. Swelling around follicles results from heat, not infection, and therefore is normal and expected.
 4. You may notice "dead" hair surfacing for 2-3 weeks after the treatment. Although it may appear to be new growth, it is generally not. This process is called purging or shedding and will take time to complete. These hairs can be wiped away with a damp cloth once the sensitivity of the treated area resolves, but not earlier than 1 week after the treatment.
 5. On the rare occasions of scab formation, apply a non-prescription anti-bacterial ointment (eg. Savlon, Dettol) on the area. This will protect the skin from being abraded and the site infected. The scab will normally drop off in 7-10 days.
1. If the area looks excessively irritated (honey coloured crusting and oozing or spreading redness) or if you experience an unusual discomfort, please contact our office immediately.
 2. If you have any extreme reaction to the procedure or if any other complications develop; if you have any questions or concerns regarding the condition of your skin or well-being following the procedure please seek immediate medical advice.