

Post-Care Instructions Laser Hair Removal

- Immediately after treatment, there should be erythema (redness) and edema (swelling) at the treatment site which may last 2 hours to several days. The erythema may last up to 2-4 days. The treated area can feel like a sunburn for several hours after.
- Rarely, minor epidermal blistering may occur in which case antibiotic ointment may be applied twice a day to the affected areas. **DO NOT** pick at these areas, as this may result in infection or scarring. If this should happen, please contact our office immediately and our aesthetician will give you further instructions.
- It is very important to ice when you are able, no more than 10 minutes every 4 hours for the first 2 days to reduce swelling for erbium skin resurfacing and vascular treatment.
- Avoid any activities that will cause sweating (i.e. exercising, hot shower, hot saunas, etc.) for a minimum of 24 hours.
- **NO** Aleve/Ibuprofen 48 post treatment.
- Showers can be taken, but please try to avoid hot water and direct shower spray to the treatment area for 48-72 hours following treatment. Avoid all saunas and hot tubs.
- Avoid strenuous exercise for 48 hours (this includes hot yoga).
- Sleep with 1-2 extra pillows at night to keep head raised for the first 2 nights if swelling is present.
- Do not use any retinoid, RETIN-A, or GLYCOLIC products for 1-2 weeks post-procedure. Do not use any non-prescription creams without discussing them with your provider first.
- Refrain from any chemical peel treatments or Microdermabrasion for 4 weeks post-procedure.
- Avoid scratching or rubbing the treated skin – do not put adhesive dressings over treated areas. Itching after treatment is part of the healing process, taking a non-drowsy over-the-counter antihistamine is recommended as needed.
- Men may shave 3 days post-treatment but be gentle.
- Avoid direct sunlight for a minimum of 4 weeks after your treatment. Wear provider-approved physical sun protection for the next 4 weeks. It should be at least SPF 50 protects UVA/UVB and contains the physical blockers zinc oxide and titanium. If active outdoors, you should reapply your sunscreen every 2 hours and wear a wide-brimmed hat.