



### **Post Laser Hair Removal Instructions**

- Care should be taken to prevent trauma to the treated area for the first 4-5 days following treatment. It may take weeks for the treated hairs to shed, if necessary you may shave those areas.
- Use of alpha-hydroxy agents, Retin-A, or other exfoliating products are not recommended on the area for approximately 3-5 days or if irritation is present.
- A sunblock of SPF 15 should be worn daily on treated areas exposed to the sun.
- If underarms were treated, avoid deodorant until redness and irritation subsides.
- Avoid hot tubs and saunas, or Jacuzzis until all redness and irritation subsides.
- If the skin is broken or a blister appears, apply Vaseline and call the office.
- Thermal Spring H<sub>2</sub>O or Aloe Vera gel or ice packs may be applied to treated area for comfort.
- Make-up can be applied as long as the skin is not broken.
- You may experience some initial redness that normally disappears within two to three hours. Sometimes mild redness and swelling may persist for two to three days after your treatment.
- Localized swelling, dry skin, mild tenderness or whitehead-like bumps are a common side effect that should subside within a few days. If any symptoms persist for longer than one week, please call our office immediately.

**If you have any additional questions or concerns, please call our office at (616) 888-3100.**