



Laser Hair Removal Post Procedure Instructions

After laser hair removal, you may experience a slight sunburned or “razor burned” feeling on the treated areas. This may last several hours. Apply cool compresses to the area for 10-15 minutes each hour for four to five hours if desired. It is better to avoid using ice, but you may use ice water compresses.

For the next two to five days, you may develop a fine crust over the treated area, especially where many dark hairs were treated. Keep the area clean with gentle washing two times a day with a mild soap. Follow with a light application of aloe gel if desired. Continue this regimen until any crusting disappears. Do not use glycolic products, exfoliation products or Retin-A for at least 4-5 days following your treatment, or until all crusting is gone.

Use sun protection with a SPF 30 or greater prior to going outdoors for at least six weeks after each treatment. Sunblock is preferred to sunscreen.

You will notice some singed hairs and hairs that are working up out of the follicle. This is the shedding process that takes place after the laser treatment, and may last more than two weeks. You may shave the area until the dark hairs have been shed.

Please call the office if you have any problems, concerns, or if you have an area that is not healing properly.