



Hair Removal Post Treatment Instructions

Hair has three phases of growth: active growth phase, an intermediate non-growth phase, and a resting phase with no hair follicle present. Duration of hair growth cycles vary with the location on the body. The laser can only eliminate the hair that is currently in an active growth cycle so multiple treatments are necessary over a time span (6-8 week intervals) to remove hair from most areas. Final results may not be apparent for several months post treatment.

1. Immediately after treatment, there may be redness and swelling which can last 4-6 hours or longer. Over the counter pain relievers such as acetaminophen or ibuprofen may be used if desired. Some patients develop raised papules similar to hives. This irritation usually subsides in a few hours.
2. Ice or a cold compress can be used after treatment to provide comfort and is recommended for darker skin types. Apply for about 10 minutes at a time and repeat every few hours if discomfort persists. Shower with cool water on the treatment area.
3. Ointment should be applied to the area to prevent drying and crusting. If crusting develops it should be allowed to fall off naturally (no picking).
4. When showering or bathing, pat skin dry and avoid scrubbing area.
5. Blistering can occur during the first three days following the procedure. Blistering areas should be treated with care, keeping the area moist with an ointment until area has healed. An antibiotic ointment should be utilized if there is any break in the skin. **If there is an indication of infection (redness, tenderness or pus), call the office at 501-224-3223 during office hours or 501-831-3731 after hours.**
6. Avoid sun exposure or tanning lights for 2 weeks after treatment. Self-tanning products should not be used between hair removal treatments. A broad spectrum (UVA/UVB) sun block with an SPF of 30 must be applied 15 minutes prior to casual sun exposure. Reapply every 2 hours or after swimming.
7. You may shave the treated area after 3 days following treatment. Do not pluck or wax or use a chemical exfoliant between treatments. Do not shave or trim the treated area for the first 3 days.
8. Avoid harsh topical agents such as Retin A, acne medication or glycolic acid until area is healed.
9. The treated hairs or stubble may take 7 – 14 days to exfoliate and may appear to be “growing” during this time. This is not new hair but the remaining hair being expelled from the follicle.
10. Consistent treatments every 6 – 8 weeks will allow for the most effective results.