

## Laser Hair Removal Post-Treatment Instructions

### • *Post Treatment Response*

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.

Erythema (redness) and edema (swelling) may be seen for 4 to 6 hours following the laser treatment. The treated hairs may take 7 to 14 days to exfoliate and may appear to be "growing" during this time. Blistering can occur during the first three days following the laser procedure. Blistered areas should be treated with care, keeping the area moist with an ointment until area has healed. Some patients develop raised papules similar to hives. This irritation usually subsides in a few hours.

### • *Post Treatment Care*

Post treatment discomfort may be relieved by acetaminophen or similar mild analgesic. A cold compress or an ice pack 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.

Avoid sun exposure or tanning lights. 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.

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). An antibiotic ointment or plain Vaseline should be utilized if there is any blistering or break in the skin. Contact the office if there is an indication of infection (redness, tenderness or pus).

- ***Post Treatment Care (Continuation)***

You may shave the treated area after 3 days following treatment. Do not pluck or wax or use a chemical exfoliant between treatments. So NOT Shave or trim the treated area for the first 3 days.

If treated area is irritated the area should not be rubbed with a face cloth or towel. Avoid scrubbing. The area should be patted dry. Caution should be used when applying or removing makeup. The treated area is very delicate and should be treated with care. Rough removal of makeup can increase the incidence of post treatment complications

Recommended time interval between treatments is 6 weeks.