

Hair Removal Post-treatment Guidelines

What to Expect Following Treatment:

Some patients experience almost no effects following treatment. Some experience a mild sunburn-like sensation which usually lasts 2-24 hours but can persist up to 72 hours. Mild swelling and/or pinkness may accompany this up to 2-3 days.

What to Do:

- Apply ice or ice packs to the treatment area for 10-15 minutes every hour for the next 4 hours, as needed.
- Tylenol or Ibuprofen may help reduce discomfort. Use according to manufacturer's instructions.
- Bathe or shower as usual (area may be sensitive).

What Not to Do:

Until the redness resolves, please avoid the following:

- Cosmetics on treated areas. After redness disappears, you may use mineral-based make-up between treatments and for a few weeks after final treatment.
- Swimming (especially in chemical treated water)
- Hot tubs/ Jacuzzis
- Sun exposure to treated areas (use SPF-30+)
- Excessive perspiration
- Aggressive scrubbing or use of exfoliation on treated area
- If you experience any scabbing, don't pick or pull at scabs (this may cause scarring).

The Healing Process:

Appearance of hair growth or stubble will continue for 7-30 days post-treatment. This is not new hair growth, but the treated hairs being expelled from the skin. Hairs that were in the resting (dormant) phase at the time of treatment may enter the active growing phase in 1-6 months, depending on the body area. These new hairs will be de-activated in future treatment.

Possible Side Effects

While most people have no issues, there is a low risk of prolonged itching, redness, and blistering and a very low risk of bruising, peeling, rash, lightening or darkening of skin color, ingrown hairs, crusting, swelling, infection, or resulting scarring. Please call our office if you experience any of these symptoms. Freckles in the treated area may disappear, which usually poses no problem.