

# Laser Hair Reduction After Care

For best results please follow these instructions



Wait 24 hours before resuming regular skin care regime

Avoid heat – hot tubs, saunas, etc. for 1-2 days



Avoid skin irritants (examples below) for 2-3 days post-treatment

*Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.*

Avoid sun exposure for 2-4 weeks. Use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage. Reapply sunscreen every 2 hours.  
*Treated area will be more sensitive to UV rays; increasing the risk of sunburn, pigmentation changes & skin sensitivities*



Hair may take up to 2 weeks to fall out

DO NOT wax or pluck between treatments.  
Shaving is permitted and recommended during your treatment course.



Redness and perifollicular edema (looks like a rash/bug bites) may occur and is common. This will resolve with time.



Bruising and swelling are less common but may occur. This will resolve with time.

Laser hair reduction requires a series of treatments to be effective.  
The number of treatments depends on hair location and type of hair.



Notify clinic (587-200-8018) of any concerns (blistering, excessive redness/swelling, etc.)