

Laser Hair Reduction Post-Treatment Instructions

The areas treated with the laser may be red following treatment. This will generally fade within 2-3 days. Minor crusting or scabbing may occur. Apply hydrocortisone 1% twice daily as needed. In addition, an antibiotic ointment may be used on any crusted/scabbed areas.

The treated area can be washed normally with mild soap and water. Use of a washcloth or other abrasive instrument is not recommended.

Cover the treated area with a sunscreen of SPF 35 or higher and avoid sun exposure to the treated area for 4 to 6 weeks. No direct sun exposure for at least 2 weeks.

Avoid irritants such as products containing glycolic acid or Retin-A in the area for 5-7 days. No deodorant to treated area for 48 hours.

Hair remaining in the follicle will extrude typically within 1-2 weeks after treatment. This will look like growth, but is simply the body's way of eliminating the hair from the injured follicle. On the third day post-treatment, you may shave or gently wash the area to help loosen hair that is still embedded in the follicles.

No exercise until perifollicular edema (red bumps) resolves. No Jacuzzi, sauna or steam baths until the skin is back to normal.

If treated area is red or sensitive, an over-the-counter pain medication may be taken (if not allergic). If area is itchy, an antihistamine like Benedryl may be used. Do not scratch.

When to call

- Fever
- Pain not relieved with over-the-counter medication
- Severe or asymmetric swelling
- Redness, warmth, drainage or odor from the treated areas
- Blisters of any type

If you have any questions, please do not hesitate to ask or call our office. If you need immediate attention or for some reason are unable to contact our office, please go to the emergency room.