

Laser Hair Removal Aftercare Instructions

Patient Name: _____

Date of Treatment: _____

Treated Area(s): _____

Thank you for choosing us for your laser hair removal treatment. To ensure the best results and minimize side effects, please follow these post-treatment guidelines:

Immediate Expectations

- Redness and bumps (follicular edema) are normal and may last for 2 to 24 hours.
- The treated area may feel like a mild sunburn for a few hours.

Cleaning and Skin Care

- Gently wash the treated area with a mild soap and lukewarm water.
- Do not scrub the skin or use exfoliants for at least 3 days.
- Apply a soothing gel, such as Aloe Vera or a prescribed ointment, if the skin feels irritated.

Sun Protection

- Avoid direct sun exposure to the treated area for at least 2 weeks.
- Apply a broad-spectrum sunscreen (SPF 30 or higher) daily.
- Do not use tanning beds or self-tanning lotions between treatments.

Activities to Avoid

- Avoid hot baths, saunas, steam rooms, and swimming pools for 48 hours.
- Avoid strenuous exercise and excessive sweating for 24 to 48 hours.
- Do not pick, scratch, or wax the treated area.

Hair Shedding

- Treated hairs will begin to shed 1 to 3 weeks after the session. This is not new growth.
- You may shave between sessions, but do not pluck, wax, or thread the hair.

When to Contact Us

Please contact our office immediately if you experience:

- Blistering or crusting of the skin.
- Persistent pain or intense swelling.
- Signs of infection or unusual pigment changes.

Clinic Phone Number: _____

Next Appointment: _____

Signature: _____ Date: _____