



Laser hair reduction after-care instructions

It is normal to experience mild skin irritation, sensitivity, and swelling post laser hair reduction. Listed are instructions to manage post-care and to avoid complications.

1. Use over the counter analgesics such Tylenol or ibuprofen.
2. Use of over the topical hydrocortisone for any redness.
3. Apply clean, soft cool cloth to affected area frequently or use of an ice pack covered in a paper towel to manage swelling and discomfort.
4. If a blister appears contact your provider for direction, but in most cases you may apply an antibiotic ointment to the area until healed.
5. Avoid the sun, sunless tanning, or topical sunless tanning products for 7 days after procedure.
6. Avoid any other type of skin treatment for 2 weeks after the procedure.
7. Use of SPF 30+ sunscreen daily.
8. Gently exfoliate the area in the shower.
9. Due not wax, pluck, or otherwise remove the hair by force. Shaving is allowed.
10. Due to skin sensitivity avoid excess heat for 24-48 hours such as hot showers, saunas, hot tubs, or heat packs.
11. Avoid make-up, deodorant, or topical creams or medications for 24 hours.