



LASER HAIR REMOVAL POST CARE INSTRUCTION SHEET

- Immediately after treatment, there should be erythema (redness) and edema (swelling) of each hair follicle in the treatment site, which may last up to 2 hours, or longer. Erythema may last up to 2-3 days. The treated area will feel like sunburn for a few hours after treatment.
- Your provider may use an optional cooling method after treatment to ensure your comfort.
- A topical soothing skin care product such as aloe vera gel may be applied following treatment if desired.
- Makeup may be used immediately after the treatment as long as the skin is not irritated.
- Avoid sun exposure to reduce the chance of hyperpigmentation (darker pigmentation).
- Use a sun protection (SPF 30+) at all times throughout the course of treatment.
- Avoid picking or scratching the treated skin. Do not use any other hair removal treatment products or similar treatments (waxing, electrolysis or tweezing) that will disturb the hair follicle in the treatment area for 4-6 weeks after the laser treatment is performed. **SHAVING IS THE ONLY METHOD OF HAIR REMOVAL** you should use.
- Anywhere from 5-14 days after the treatment, shedding of the treated hair may occur and this appears as new hair growth. This is **NOT** new hair growth. You can clean and remove the hair by washing or wiping the area with a wet cloth or loofa.
- After the axilla (underarms) is treated, you may wish to use a powder instead of a deodorant for 24 hours after the treatment to reduce skin irritation.
- There are no restrictions on bathing except to treat the skin gently, as if you had sunburn, for the first 24 hours.

*Return to the office or call for an appointment at the first sign of the return of hair growth. This may occur within 4- 6 weeks for the upper body and possibly as long as 2-3 months for the lower body. Hair regrowth occurs at different rates on different areas of the body. New hair growth will not occur for **AT LEAST** three weeks after treatment.*

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT US AT THE CLINIC 905-946-2222 OR EMAIL US AT INFO@TTMSPA.COM



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