



### ***Laser Hair Removal Post-Treatment Instructions***

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- Immediately after the treatment, there should be redness and bumps at the treatment area, which may last up to 2 hours or longer. It is normal for the treated area to feel like sunburn for a few hours. You may use a cold compress or Aloe Vera gel if needed. If any crusting occurs, you should apply an over-the-counter antibiotic ointment such as Neosporin. Patients who have darker skin types, may experience more discomfort than patients with other skin types, and may require Aloe Vera gel or an antibiotic ointment for a longer period of time.
- Makeup may be used after the treatment, unless there is epidermal blistering. Please make sure you have moisturizer under your makeup. Moisturizer will help the dead hair exfoliate from the follicle, so use moisturizer frequently on the treated areas. Do not use moisturizers that contain Alpha Hydroxyl Acid.
- The treated area may be washed gently with a mild soap. Skin should be patted dry and not rubbed. You may apply deodorant 24 hours after the procedure.
- If you have a history of Herpes Simplex Virus infection, type 1 or 2, the risk of complication may be reduced, if prescribed antiviral medication is taken prior to and after each treatment.
- Avoid the use of photosensitizing medications (i.e. Retin A, Alpha Hydroxyl or Glycolic Acid), one week prior to treatment.
- Presence of a deep suntan, sunburn, or artificially toned skin. Avoid sun exposure and tanning, including self-tanning products for 2 weeks prior to treatment. Remove skin bronzers completely prior to treatment. A sunscreen with SPF 30 or more should be used on any treatment areas exposed to the sun. If you have recently tanned you will be instructed to stay out of the sun and return for treatment when the tan has faded.
- You may notice stubbles forming which represents dead hair being shed from the follicle. It may take up to two weeks for dead hair to push its way out of the follicle.
- Light hair may require more treatments than dark hair.
- You should avoid bleaching, tweezing, waxing, threading or the use of depilatory creams for four weeks prior to initiating therapy and during the entire duration of therapy. Shaving is the recommended hair removal method in between treatments.
- Please shave within 24 hours of your treatment to optimize results and minimize discomfort.
- The optimal time between treatments is four to six weeks and may be longer for some body parts. It is important to complete your treatments at the recommended interval to decrease patchiness and optimize results.
- Most clients achieve optimal results after 4-6 treatments, however individual results vary. Touch-up treatments may be required on an annual or bi-annual basis.

**Please do not hesitate to contact us with questions or concerns.**

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