

## Post Treatment Care Pamphlet – Venus Velocity Laser Hair Removal

1. **Swelling:** If swelling with extreme heat or discomfort occurs, apply ice or a cold compress for ten minutes every 1-2 hours. Wrap the ice or cold compress in a soft cloth. Discomfort or stinging may be relieved by Acetaminophen (Tylenol), do not take if you are allergic to it or any of its ingredients.
2. **Moisturizer or Topical Ointments:** Immediately following treatment, the area may show redness and some swelling around the hair follicle resembling “goose bumps”. This usually resolves in 1-2 hours, while some patients are red and bumpy for 1-2 days. Over the counter Hydrocortisone, Vitamin E and or pure Aloe Vera Gel (containing no alcohol) may help to decrease redness or inflammation and may enhance healing. Post procedure laser gel or balm such as those from Elta MD may also be used and are currently available for purchase from Spa Olivia.
3. **Hair Exfoliation:** After treatments, hairs will appear to grow as if they were never treated. These hairs will exfoliate or push out in approximately 1-2 weeks. This process tends to make the hairs appear to grow faster the first week after treatment. This is simply the hair that was damaged by the laser treatment being extruded. Do not remove these hairs; **let them fall out on their own**. One-week post treatment, in the absence of crusting or blistering, you may use a loofah sponge gently on your skin to assist in the exfoliation process. After one week you may shave in the absence of crusting or blistering between treatments, but do not use any other method such as sugar, wax, tweeze, thread, or depilatory creams for hair removal.
4. **Makeup:** Makeup and deodorant/antiperspirant (for those having their underarms treated) may be worn on the treatment area after the first 48 hours in the absence of crusting or blistering. If makeup is to be used, it must be applied and removed with extreme caution to avoid injury, which can result in infections. Make sure you do put on a broad spectrum SPF-30+ sunscreen.
5. **Activities:** Avoid sun exposure and put on a broad spectrum SPF-30+ sunscreen. Avoid sun exposure and put on a broad spectrum SPF-30+ sunscreen. For the first two days following treatment it is advised that you avoid strenuous activities, sports, swimming, hot baths/showers, saunas, Jacuzzis (hot tubs) and pools (bacteria in them can cause

an infection). If you have any crusting or blistering avoid any activity that can rub or irritate the area until the skin is healed and clear.

6. **Shaving:** Do not shave over the area if swelling, crusting, blistering or scabbing is present. After one week you may shave in the absence of crusting or blistering between treatments, but do not use any other method such as sugar, wax, tweeze, thread, or depilatory creams for hair removal.
7. **Bathing/Showering:** When bathing or showering, use caution over the treated area. Avoid **hot** baths or showers and **rubbing** the area with a face cloth or towel. Pat to dry. Avoid scented bath products, which may cause skin irritation during the healing phase. Soap such as Baby Dove may be used, or a gentle cleanser such as Lubriderm or Cetaphil. Be sure there is no AHA in the cleanser.
8. **Crusting:** If crusting occurs, apply Polysporin or Bacitracin to keep the area moist and reduce the chance of infection until side effects resolve. Do not rub, scratch or pick the area but allow the crust to fall off on its own. **DO NOT PICK.** Avoid any activity that can rub or irritate the area. If the area is going to be agitated put on Polysporin or Bacitracin over the area and then cover it with a non-adherent dressing until it's healed and clear. Use paper tape to hold the dressing on because it's less adhesive and gentler on the skin. This will stop the area from rubbing and will protect it. Check and change this dressing daily.
9. **Blistering:** If a blister occurs, **DO NOT** pop or pull off the top of the blister. Polysporin, Bacitracin, Fucidin or Bactroban ointment should be gently applied three times daily. If there is any blistering or sign of infection (such as drainage, non-healing, increasing redness, etc) please call Spa Olivia and/or your family doctor. Avoid any activity that can rub or irritate the area. If the area is going to be agitated put on Polysporin, Bacitracin, Fucidin or Bactroban over the area and then cover it with a non-adherent dressing until it's healed and clear. Use paper tape to hold the dressing on because it's less adhesive and gentler on the skin. This will stop the area from rubbing and will protect it. Check and change this dressing daily.

**Post treatment care instructions MUST be followed to help prevent complications.**

Please call Spa Olivia at 613-884-7160 or email [info@spaolivia.com](mailto:info@spaolivia.com) with any post-care concern or questions regarding your treatment. If you feel your post-care concern is of an urgent nature, please proceed to the emergency room of your nearest hospital.