



Post-Treatment Laser Hair Removal Pamphlet

****Skin Care Instructions****

- 1. Topical Creams:** 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 may help to decrease redness or inflammation and may enhance healing.
- 2. Hair Exfoliation:** After laser treatments, hairs will appear to grow as if they were never treated. These treated 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. Again, this is simply the hair that was damaged by the laser being extruded. Do not tweeze these hairs; **let them fall out on their own**. You may shave in the absence of crusting. One-week post treatment, in the absence of crusting, you may use a loofah sponge gently on your skin to assist in the exfoliation process.
- 3. Makeup:** Makeup may be worn after the first 24 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. For those having their underarms treated, anti-perspirant may be applied after the first 24 hours.
- 4. Shaving:** Do not shave over the area if swelling, crusting, or scabbing is present. You may shave between treatments if necessary (as long as the skin is clear)
- 5. Bathing:** When bathing use caution over the treated area. **Avoid 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.
- 6. Crusting:** If crusting occurs, apply Polysporin or Bacitracin to keep the area moist 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.**
- 7. Blistering:** If a blister occurs, DO NOT 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 the office and/ or your family doctor.
- 8. Activities:** Avoid sun exposure as previously stated. Swimming, sports and other strenuous exercise should be avoided for the first 24-48 hours following treatment to decrease irritation to the treated area.
- 9. Swelling:** If swelling occurs, apply ice for ten minutes every 1-2 hours. Wrap the ice in a soft cloth. Discomfort or stinging may be relieved by Acetaminophen (Tylenol).

****Post treatment skin care instructions MUST be followed to prevent any complications****

Please call Spa Olivia at 613-884-7160 or email info@spalivia.com with any questions regarding your treatment.