

After Care Instructions for Laser Hair Removal

There is NO down time after treatment!

You may apply makeup, sunscreen or a skin moisturizer as soon as desired after any laser hair reduction treatment. If the treated area looks pink or tingles from shaving or follicles swelling, use a water based skin moisturizer like Aquaphor as often as you wish to keep the skin moisturized.

Avoid traumatizing the treated area:

Immediately after treatment, you may continue to cool the area with cool packs if the treated area feels warm or for your comfort. It is normal to feel a pulling sensation towards the end of treatment that usually resolves right after the treatment is completed. For the first few days after your treatment, avoid hot baths, vigorous contact exercises or massages of the treated area. Do not rub your skin vigorously or try to pick at the hairs that may extrude.

Avoid direct sunlight after Laser Hair Removal:

Avoid sun exposure to the treated area for the first 72 hours after treatment. When you are out, apply sun block and reapply every 2 hours particularly for the first week after treatment.

We recommend at least daily sunscreen in the morning and reapplication at noon for the rest of your life. There are many options for sunscreen. We prefer inorganic sun blocks that contain titanium or zinc oxide; however, individualize your choice to your lifestyle and skin sensitivities.

Expected skin changes:

Most patients look normal after an effective treatment. Some have mild redness and swelling around the treated hair follicles. A cold compress (such as a towel soaked in ice water) can be used to reduce these symptoms. You may notice hair roots being extruded in 1- 7 days. Remember to let the hair roots fall off naturally. Complications are uncommon, so call us immediately (415-404-0200 and aestheticpopup@gmail.com) if you have any blistering.

Be sure to schedule your next appointment before you leave:

Although clinical results are seen even after one treatment, we recommend a series of 5 treatments spaced 6 to 8 weeks apart for the best results. The time interval, number of treatments, need for a later touch-up will vary individually.