



## **POST TREATMENT INSTRUCTIONS FOR LASER HAIR REMOVAL**

- ✓ Treat your skin gently – do not scrub, scratch or pick at the treated area.
- ✓ When washing the treated area, use a gentle, mild recommended cleanser for the next 2-3 days. Do not use a washcloth or loofah on the treated area and pat skin dry.
- ✓ Avoid any creams or lotions, which contain alpha hydroxy or glycolic acid for 3 days after treatment. Many anti-aging and acne products contain these acids; please check the ingredients of your products.
- ✓ You may shave the treated area, but NO plucking, waxing or bleaching. Remember it takes 2-3 weeks for the treated hair to fall out, so be patient.
- ✓ Avoid hot showers, baths, and hot tubs for at least 24 hours after treatment.
- ✓ Ideally you should stay out of the sun throughout the course of treatments. If you are planning a vacation in the sun, wear protective clothing and sunscreen (SPF 30 or higher). If you become tan, wait until your tan fades before your next treatment (at least one month).

### *Reactions to Watch For and What to Do:*

- ❖ Skin may be red with small “bumps” immediately following the treatment. Your skin may feel like it has slight sunburn. This can last a few minutes to a few days after treatment. You may use ice packs and cold Aloe Vera gel to sooth skin.
- ❖ If you experience itching, you may use over-the-counter topical hydrocortisone lotion or cream.
- ❖ If you experience increased pain, textural changes (blistering or fluid erupts), or skin becomes tender to touch, call Aspect Beauty immediately for further directions or make an appointment to be seen right away.
- ❖ If light scabbing or crusting occurs, apply a topical antibiotic ointment, such as Bacitracin or Neosporin as directed.

If you have any questions or concerns, please do not hesitate to contact Aspect Beauty at 818-728-0546.

14006 Riverside Drive #273, Sherman Oaks, CA 91423

Tel: (818) 728-0546 [www.aspectbeauty.com](http://www.aspectbeauty.com)

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