



Laser Hair Removal

5 Dundee Avenue, Iselin, NJ 08830

Ph: (732) 404-0044 | Fax: (732) 218-3933 | www.prudentmd.com

Post Laser hair removal instructions:

What to expect:

- Treated area may look red and swollen – which usually goes away within 1-3 hrs for most and within 72 hrs for all. It is considered good reaction. You should use cold compress if needed. If any crusting occurs, apply antibiotic ointment to prevent infection.

Do's:

- If skin is irritated following treatment, aloe gel or 1% hydrocortisone cream can be applied.
- Ice can be applied post treatment to help minimize redness and irritation.
- You may shower after laser treatments and use soap. The treated area should not be rubbed for 24 hrs and should be patted dry.
- The treated underarm area should be wiped with alcohol for 24 hrs and then you may apply deodorant.
- Moisturizer can be used after treatment. In fact, it will help the dead hair exfoliate from the follicle. Therefore, use it frequently and freely on the treated area. Any moisturizer without alpha-hydroxy acids will work.
- Makeup may be used after the treatment unless there is burn injury. Just make sure that you have moisturizer on under the makeup.

Don'ts:

- Avoid picking / scratching the treated skin.
- Avoid sun exposure for long duration to treated area for 48 hrs.
- Apply Sunscreen with SPF 30 or higher to treated areas.
- Do not pluck, wax or use depilatories between treatments. Do not shave for 4 days post treatment. After 4 days, shaving is ok.
- Tanning is not recommended while going through laser hair removal therapy as it makes your skin photosensitive and increases likelihood of burn injury from laser.
- Avoid irritating chemicals / medicines e.g. Retin A, Benzoyl peroxide, Glycolic acid, Astringents etc. for the same above reason.

Possible experiences / risks of Laser:

- Laser surgery can result in swelling, blistering, crusting or flaking on the treated areas, which may require one to three weeks to heal. Once the surface has healed, it may be pink or sensitive to sun for an additional two to four weeks or longer in some.
- Pigment changes (skin color) – During the healing process, there is a slight possibility that the treated area may become either lighter or darker in color. This is usually temporary, but on a rare occasion, it may be permanent.
- Scarring – It is rare occurrence, but it is a possibility when the skin's surface is disrupted. To minimize the changes of scarring, it is important that you follow post-treatment instructions carefully.
- Eye exposure – Protective eyewear will be provided. It is important to keep the shield or glasses on at all the times during the treatment in order to protect your eyes from accidental laser exposure and injury.
- Call your physician's office with any questions or concerns you may have after the treatment.