

Aftercare Instructions: Laser Hair Removal



NO!

AVOID TANNING (e.g. sun tanning, tanning booth, spray tanning) for at least 2 weeks after your treatment.



YES!

USE SUNBLOCK with SPF 30 or higher when exposed to sunlight. A sunblock with UVA/ UVB protection is ideal.



NO!

AVOID EXCESSIVE SWEATING for the first 24 hours (e.g. saunas, steam rooms, hot tubs, hot baths/ shower and strenuous exercise. Warm showers are allowed.



NO!

AVOID OTHER FORMS OF HAIR REMOVAL to the treated area throughout the course of your treatment (e.g. tweezing, depilatories, waxing, electrolysis). Shaving is allowed.



OK

Apply aloe vera gel and/ or hydrocortisone 1% as needed to relieve redness and irritation.



OK

Men may wash the treated areas with antibacterial soap.
