

## Laser Hair Removal: Post-Procedure Care

- Ibuprophen or Tylenol may be taken if any discomfort
- Cool compresses or cool gel may be used if any discomfort (don't put ice directly on skin, wrap in a towel)
- Aloe, A&D ointment, Zinc Oxide, Aquaphor healing ointment are fine to use
- Hydrocortisone cream 1% may be used if needed for inflammation (if red dots occur at the hair follicles)
- Avoid sun-exposure, tanning beds, and self-tanning lotion/cream for the duration of your treatment plan. Avoid sun-exposure for at least two weeks after laser session. After, anytime in the sun use broad spectrum UVA/UVB sunscreen SPF >45.
- Avoid extremely hot water and skin care products that may contain irritants such as scrubs, toners, retinoids, glycolic acids, anti-aging ingredients, and/or acne products.
- Inform provider if you are on antibiotics, get pregnant, or have a herpes outbreak before your next treatment
- Schedule your next laser session before leaving the office today.
- Do not wax, tweeze, pluck, have electrolysis, get threading, or removed hair from the follicle by any method other than shaving before your next laser session. Ideal is the be clean shaven or small amount stubble the day of treatment.