



Laser Hair Removal Post-Operative Instructions

You have received laser hair removal therapy with the GentleLase Laser. The treated areas are delicate and should be handled gently. It is common for patients to develop immediate redness and minor swelling of the treated areas and experience the sensation of a mild sunburn. On Occasion, blisters and crusts may form. The following guidelines should be helpful following your laser treatment.

- ❖ Cold compresses and ice packs applied immediately after laser therapy may reduce pain and minimize swelling after the treatment session.
- ❖ Analgesics or pain relievers such as acetaminophen (Tylenol) or ibuprofen (Motrin) may be taken to reduce the sunburn or stinging sensation. Application of further ice packs or cool compresses may also reduce the discomfort for 24-36 hours post laser therapy.
- ❖ It is imperative that if scabs or crusts develop that one does not scratch or pick the treated areas. They should be left to heal spontaneously.
- ❖ **WOUND CARE** The treated areas may be cleansed twice daily with a gentle soap, such as Dove, Basis or Cetaphil. Emollients such as Aloe Vera gel or Aquaphor lotion can be soothing when applied 2 or 3 times daily until healing is completed. A topical antibiotic such as Bacitracin or Polysporin applied twice daily is usually helpful if blistering occurs. Usually, a bandage is not required or recommended unless superficial irritation occurs at the treated sites. In these cases, a nonstick Telfa may be helpful.
- ❖ Commonly, black stubs may appear on the treatment areas, which are the dark hairs that are shed. These hairs generally fall out within the first two weeks post laser therapy. This is not hair regrowth.
- ❖ Moisturizers or makeup may be applied the day after laser therapy unless blisters or crusts appear.
- ❖ Any degree of suntan should be avoided before or during laser therapy as it may lessen the treatment effectiveness and increase the chances of adverse side effects such as blistering or scarring. When going outdoors, it is advisable to use a sunscreen with an SPF of at least 15.
- ❖ Electrolysis, plucking or waxing of hair should not be performed for at least 6 weeks prior to the next laser therapy session.

Please feel free to call us at **603-647-0494** should you have any questions or concerns regarding your post-laser therapy care.