

Hair Removal Aftercare Form

Post Treatment Instructions:

1. Immediately after the treatments, there should be redness and bumps at the treatment area, which may last up to 2 hours or longer. It is normal for the treated area to feel like sunburn for a few hours. You should use a cold compress if needed. If any crusting, apply antibiotic cream. Some physicians recommend aloe Vera gel or some other after sunburn treatment such as Desitin. Darker pigmented people may have more discomfort than lighter skin people and may require the aloe Vera gel or antibiotic ointment longer.
2. Makeup may be used after the treatment, unless there is epidermal blistering. It is recommended to use new makeup to reduce the possibility of infection. Just make sure that you have moisturizer on under your makeup. In fact, moisturizer will help the dead hair exfoliate from the follicle, so use moisturizer frequently and freely on the treated area. Any moisturizer without alpha-hydroxy acids will work.
3. **Avoid sun exposure or tanning lights for 2 months. A broad spectrum (UVA/UVB) sun block with an SPF of 30 must be applied 15 minutes prior to casual sun exposure. Reapply every 2 hours or after swimming.**
4. You may shave the treated area after 3 days following the treatment. Do not pluck or wax or use a chemical exfoliant between treatments. Do NOT shave or trim the treated area for the first 3 days post treatment.
5. Avoid picking or scratching the treated skin. DO NOT USE any other hair methods or products on the treated area during the course of your laser treatments, as it will prevent you from achieving your best results.
6. Anywhere from 5-30 days after the treatment, shedding of the hair may occur and this may appear as new hair growth. This is not new hair growth, but dead hair pushing its way out of the follicle. You can help the hair exfoliate by washing or wiping with a washcloth.
7. Hair re-growth occurs at different rates on different areas of the body. New hair growth will not occur for at least three weeks after the treatment
8. Call your physician's office with any questions or concerns you may have after the treatment.

Please note: Stubbles, representing dead hair being shed from the hair follicle, will appear within 10-20 days from the treatment date. This is normal, and will fall out quickly.

Signature: _____ Print name: _____ Date: __/__/__