



Dr. Shore Dermatology

Dermatology - Cosmetics - Excellence

Laser Hair Reduction

Post Treatment Instructions

Ronald N Shore Dermatology

- Immediately after treatment there may be redness and swelling at the treatment site. This usually lasts 2 hours or longer. The redness may last up to 10 days. The treatment area may feel like you have a sunburn for a few hours after the treatment, but it will subside.
- You may apply a cooling, soothing preparation such as Aloe Vera
- Cool packs, or cool, wet compresses may be used; avoid ice packs directly on the skin
- Hydrocortisone may be used for 3-5 days
- Avoid harsh rubbing or scrubbing of the treated area
- Avoid picking or scratching the treated areas. Do not use any hair removal products or similar treatments (plucking, waxing, and/or electrolysis), as those will disturb the hair follicle. Shaving is permitted.
- Up to 2 weeks post treatment you will notice shedding of the treated hair. This is not new growth. You can clean and remove the hair by washing or wiping the area gently with a wet cloth.
- Make up may be used as long as the skin is not broken
- For blistering or crusting, use an antibiotic ointment such as Polysporin® (do not use Neosporin®)
- Avoid hot baths, saunas, whirlpools, hot tubs, swimming, and aerobic exercises for 48 hours following treatment
- Avoid sun exposure to avoid hypo- or hyper-pigmentation
- Use sun block SFP 30+ or higher for unavoidable sun exposure. A sun block that provides physical protection with Zinc oxide is best.