



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 cooling products such as Aloe Vera or a cool compress. ***Do not place ice directly on the skin***
- 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. To help reduce in-grown hairs use a washcloth or bamboo brush to exfoliate. Begin the day after treatment and continue for 5-7 days. Shaving is permitted.
- Avoid anti-inflammatory medications (**ex: Ibuprofen, Motrin, and Advil**) **5 days before treatment through 5 days after. You may take Tylenol**
- **Up to 2 weeks post-treatment** you will notice shedding of the treated hair. This is not new growth. **Hair does not completely fall out after 1 treatment**. Most patients need an **average of 6-10 treatments** to an area for **90% hair growth reduction**.
- Makeup may be used as long as the skin is not broken
- 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 sunblock that provides physical protection with Zinc oxide is best.