

HAIR REMOVAL POST-TREATMENT GUIDELINES

- A mild sunburn-like sensation is expected. This usually lasts 2-24 hours but can persist up to 72 hours. Mild swelling and redness may accompany this, but it usually resolves in 2 to 3 days.
- Apply cooling to the treatment area for 10 to 15 minutes every hour for the next four hours, as needed. An oral, over-the-counter anti-inflammatory (such as ibuprofen) or an analgesic (such as acetaminophen) may be taken to reduce discomfort. Use such medicine according to manufacturer's recommendations.
- Until redness has resolved, it is recommended to avoid the following:
 - Applying cosmetics to treated areas
 - Swimming, especially in pools with chemicals
 - Hot tubs, Jacuzzis, saunas
 - Activities that cause excessive perspiration, or any activity that may raise core body temperature
 - Sun exposure or tanning to treated areas. Apply a SPF 45 or greater sunscreen to prevent skin color changes
 - Aggressive scrubbing and use of exfoliants on the treated area
- Bathe or shower as usual. Treated areas may be temperature-sensitive.
- Appearance of hair growth or stubble will continue for 7 to 30 days post-treatment. This is not new hair growth, but treated hairs being expelled from the skin.
- Hairs that were in the resting phase at the time of treatment may enter the active growing phase in one to six months, depending on the body area. Follow-up treatment may be needed.
- If any darkened lesions occur, do not pick or pull at darkened lesions as scarring may occur.

POSSIBLE SIDE EFFECTS FOR HAIR REMOVAL

- Bruising, peeling, rash, lightening or darkening of skin color, ingrown hairs, crusting, swelling, infection, and removal or lightening of freckles
- Prolonged itching, redness, and blistering
- Scarring
- Pigment changes including lightening of the skin or darkening of the skin lasting 1-6 months or longer or possibly permanently.

Please call your treatment provider if side effects occur.