

### HAIR REDUCTION AFTER CARE

Patient response can vary after a hair reduction treatment. Erythema (redness) and edema (swelling) around the hair follicles in the treated area are usually noted within a few minutes after the completion of the procedure and typically resolve completely within 24-48 hours. A sun burn sensation in the area treated is also normal and expected.

The treated area(s) must be treated with care. BE GENTLE! Do not scratch or pick at your skin.

If there is sensitivity, until it has completely subsided avoid:

- Applying make-up over the treated areas
- Use of scented lotions or soaps, deodorants, exfoliant creams (Retin-A, glycolic/salicylic and alpha-hydroxy acids), acne creams or gels, loofa sponges and aggressive scrubbing
- Hot or cold water - wash with tepid water
- Shaving
- Swimming pools and spas with multiple chemicals/chlorine
- Activities that cause excessive perspiration

A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. This is usually only needed within the first 12 hours after the treatment. Post treatment discomfort is typically minimal but if the area is very uncomfortable, oral pain reliever, i.e., Extra Strength Tylenol, may be used. Vitamin E or Aloe Vera applied to the treatment area may provide a soothing effect.

In the rare case of crusting or blistering of the skin, apply an antibiotic ointment twice a day to the affected areas. Do not pick at these areas, as this may result in infection or scarring. Contact the office immediately if this occurs. Keep the affected area moist and avoid direct sunlight.

Occasionally, hives have been reported after hair reduction treatments. If you experience an irritated, raised rash after treatment, contact the office. Benadryl may be taken to help relieve the itchiness.

Do not use any other hair removal methods or products (such as tweezing, waxing and depilatories), on the treated area during the entire course of your treatment as it may prevent you from achieving your best results. Strictly avoid any sun exposure to the treated area for a minimum of 7 days after each procedure. The treated area is more prone to sunburn and pigmentation change. Keep the area covered and use a sun block with a protection factor of 30+. Delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment.

Hair may take **up to 4 weeks**, or in some cases, as little as a few days, to fall out following treatment. Do not be alarmed if hairs appear to be "growing" during this time. These are just the old hairs being pushed out.

Subsequent treatments are based upon your clinician's recommendation and are typically 4-8 weeks apart until there is no growth. The number of treatments needed will depend upon the body location, the amount of hair present, the character of the hair and your skin type. After the treatment series is complete, we recommend 1 treatment every 6-12 months to prevent the hair from regrowing. Once hair has turned grey, it cannot be treated effectively again.

All the hair may not be completely gone following a series of these procedures; however, they should be thinner and less dense.