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Aftercare Instructions for Laser Hair Removal and Skin Rejuvenation

Thank you for choosing our clinic for your laser treatment. Proper aftercare is vital to ensure optimal results and minimize potential side effects. Please follow these instructions carefully:

General Post-Treatment Care

- Cool the Treated Area
- Use a cold compress or ice pack wrapped in a clean cloth to reduce redness, swelling, or discomfort. Do not apply ice directly to the skin.
- Protect the Skin
- Apply a broad-spectrum sunscreen with SPF 50 or higher to the treated area daily. Avoid direct sun exposure for at least 2 weeks after treatment.
- Keep the Area Clean
- Gently cleanse the treated skin with mild soap and lukewarm water. Pat the area dry with a clean, soft towel.

Laser Hair Removal Specific Instructions

- Avoid Irritation
- Do not shave the treated area for at least 24-48 hours. If there is no irritation, you can shave any regrowth between sessions. Avoid waxing, plucking, or tweezing during the treatment series.
- Skin Sensitivity
- Redness and swelling around the hair follicles are normal and may last 24-48 hours. Aloe vera or a soothing cream may be applied to calm the skin.
- Shedding of Hair
- Treated hairs may shed over the next 1-3 weeks. This is normal and part of the process. You can gently exfoliate the area with a soft washcloth or loofah to help remove shedding hairs.

Skin Rejuvenation Specific Instructions

- Moisturize
- Apply a hydrating, fragrance-free moisturizer to the treated area daily to keep the skin hydrated and support healing.
- Avoid Exfoliants
- Do not use harsh exfoliating products, retinoids, or AHAs/BHAs on the treated area for at least one week.
- Redness and Mild Swelling
- Redness and slight swelling may occur and should subside within 24-48 hours. A gentle, soothing cream can help alleviate any discomfort.

What to Avoid After Treatment

- Sun Exposure
- Avoid direct sunlight and tanning beds for at least 2 weeks. Sun exposure can increase the risk of hyperpigmentation and irritation.

- Heat Exposure
- Refrain from hot showers, saunas, steam rooms, and swimming in chlorinated water for at least 48 hours.
- Strenuous Activities
- Avoid intense physical activities that cause excessive sweating for 24-48 hours.
- Makeup and Skincare
- Avoid makeup or heavy skincare products on the treated area for at least 24 hours, especially if the skin feels sensitive.

Healing and Follow-Up

- Skin Reaction: Temporary redness, mild swelling, or tingling is normal and should subside within a few days.
- Multiple Sessions: For optimal results, a series of treatments is required. Schedule your next session as advised by your provider.

When to Contact Us

Please reach out to our office if you experience:

- Persistent redness, swelling, or irritation beyond 72 hours.
- Blistering, severe pain, or signs of infection (e.g., warmth, pus, or fever).
- Any concerns or unexpected skin reactions.

If you have additional questions or concerns, do not hesitate to contact our clinic. We are here to support you through your treatment journey.

Contact Information:

contact@flexmyhealth.com

Text: 762-239-4959