

Midnight Sun Family Medicine, PC
Aesthetics Division
Laser Hair Removal

Recommended Post Care for Laser Hair Treatments

For best results you must follow these instructions

1. Care should be taken to prevent trauma to the treated area for the first 2 or 3 days following treatment. Shaving should be avoided post treatment for 24 hours or until any sign of irritation has vanished. **Do not apply any lotions with Vitamin E, Aloe, or Tea Tree Oil for 2-3 days post treatment.**
2. A minimum SPF 30 Sunscreen (UVA/UVB) should be used for any sun exposure during your treatment. Sun tanning and tanning beds should be avoided for 24 hours after any redness disappears following treatment.
3. Avoid any strenuous workout, hot tubs and spas for 24 hours after treatment.
4. If the skin is broken or blisters appear, apply antibiotic ointment and contact us. Also, for further protection keep the affected area covered to avoid direct sunlight while experiencing these symptoms.
5. Cold packs or cortisone cream may be used to ease any temporary discomfort.
6. Makeup can be applied as long as the skin is not broken.
7. If you experience an irritate raised rash after treatment, Benadryl should help relieve the itchiness. Although rare, these symptoms may take up to a week to subside. Also, avoid direct sunlight to the affected area while experiencing these symptoms.
8. Patients who have been tested for epidermal reaction with a test spot can return in 72 hours for treatment.
9. Hair may take **up to 4 weeks**, or in some cases, as little as a few days to fall out following treatment.
10. Follow-up subsequent treatments are based on the technician's recommendation, usually about 4-8 weeks following treatment.

If you have any questions or concerns , please do not hesitate to call our office at (907) 455-7123.

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Ph: 907-455-7123