

Laser hair removal: Posttreatment Skin Care

1. Application of ointment or aloe vera:

- Ointment should be applied to the area for rehydration. If crusting develops it should be allowed to fall off naturally. Do not scratch or pick crust. Ointment applied following the laser treatment can have a soothing effect.
- An antibiotic ointment should be utilized if there is any blistering or break in the skin.
- Contact the office if there is any indication of infection (redness, tenderness or pus).
- Do not shave treated area for 1 to 3 days posttreatment if crusting or blistering occurs.
- Normal skin care regimens, i.e., makeup, moisturizers, deodorant, shaving may be resumed the day after treatment if there is no redness, blistering or crusting present.

2. Bathing:

- Wash treated area gently with mild soap and water. If treated area is irritated, the area should not be rubbed with a face cloth or towel. The area should be gently patted dry.

3. Makeup:

- If the area blisters, extreme caution should be used when applying or removing makeup. The treated area is very delicate and should be treated with care.
- Rough removal of makeup can increase the incidence of posttreatment complications.

4. Sun Protection:

- Sun exposure should be avoided throughout the course of treatment and for a week after the treatment. A broad-spectrum sunscreen with an SPF of 30 or greater should be applied whenever the area may be exposed to the sun.
- Delayed blistering secondary to sun exposure has been noted up to 72 hours posttreatment.

5. Activities:

- Following the laser treatment activities, such as swimming, sports and/or strenuous exercise should be avoided for the first 2-3 days, or until any redness, crusting or blisters have resolved.