

ATOKA SKIN LASER CENTER

POST-TREATMENT CARE FOR HAIR REMOVAL

- Erythema and perifollicular edema are common but not required for a successful treatment.
- Hair may take up to 2 weeks to fall out.
- Avoid heat for 24 hours – hot tubs, saunas, etc.
- If a blister or crusting develops, treat as a wound. (Do not ice a suspected burn)
- Do not wax or pluck between treatments.
- Hair removal requires a series of treatments. The number of treatments depends on body location and type of hair. Average number of treatments is 5-8.
- Average treatment interval is 6-12 weeks depending on the body part.
- The laser will only target hair in the “active” growth phase and there is no advantage to scheduling visits closer.
- Back, Torso, Legs may have better outcome with longer treatment intervals.
- No deodorant for 6 hours, if you must use spray powder, no exercise.
- You can shave immediately.
- **No exercise for 24 hours.**
- **For best results it is recommended that you complete all appointments within the recommended treatment window.**