

Radiance

Laser Hair Removal Post Treatment Instructions

Post Treatment Response

Hair has three phases of growth:

- Phase #1 -active growth phase
- Phase #2 - an intermediate non-growth phase
- Phase #3 - a resting phase with no hair follicle present.

Duration of hair growth cycles vary with the location on the body. **The laser can only eliminate the hair that is currently in an active growth cycle** so multiple treatments are necessary over a time span (4-6 week intervals) to remove hair from most areas. Final results may not be apparent for several months post treatment.

Erythema (redness) and edema (swelling) may be seen for 4 to 6 hours following the laser treatment. The treated hairs may take 7 to 14 days to release and may appear to be "growing" during this time. Blistering can occur during the first three days following the laser procedure. **Blistered areas should be treated with care and you should call us immediately to let us know that this has happened.** If you develop a blister/blisters please keep the area moist with an ointment until area has healed. Some patients develop raised papules similar to hives that can be confused with blisters. The difference is the hives/raised papules usually subsides in a few hours.

Post Treatment Care

Post treatment discomfort may be relieved by acetaminophen or similar mild analgesic. A cold compress or an ice pack can be used after treatment to provide comfort and is recommended for darker skin types. Apply for about 10 minutes at a time and repeat every few hours if discomfort persists. Shower with cool water (avoid hot water) on the treatment area.

Avoid sun exposure or tanning lights. A broad spectrum (UVA/UVB) sun block with an SPF of 30 must be applied 15 minutes prior to casual sun exposure. Reapply every 2 hours or after swimming.

Ointment should be applied to the area to prevent drying and crusting. If crusting develops it should be allowed to fall off naturally (no picking). An antibiotic ointment should be utilized if there is any blistering or break in the skin. **Contact the office if you have you have blisters or there is an indication of infection (redness, tenderness or pus). You should be seen in the office within a few days of a reported blister.**

You may shave the treated area 3 days following treatment or before if the skin is not irritated. **Do not** pluck, wax or use a chemical exfoliant between treatments.

If treated area appears irritated do not rub with a face cloth or towel when cleansing. Avoid scrubbing and pat dry. 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 post treatment complications. Recommended time interval between treatments is 4 weeks for face and 6 weeks for body.

It is very important that you call us with concerns. Possible adverse reactions need to be reported to us immediately! If you have experienced any adverse

reactions we will want to see you in the clinic as soon as possible. During business hours call 608-240-0088. After business hours call Taylor Hill, RN @ 608-575-1750 or Anne Pientka, RN @ 608-513-8699.

Skincare products that partner well with Laser Hair Removal & are available at Radiance:

- Hydraboost Serum~quenches dehydrated skin to impart a supple, smooth complexion and instant correction. A Staff Favorite!
- Radiance Advanced Antioxidant Repair~ features 90% polyphenol isolates to supply exceptional antioxidant protection, leading to a healthier and more youthful-looking complexion. A staff & client FAVE!
- SPF~ Sunscreen is always important to protect the skin & prevent damage that can show in the form of crepe skin, fine lines & more. Protect your investment!

Other Complementing Services to Consider:

- **HydraFacial**
<https://radianceskintherapy.com/skin-essentials/hydrafacial-madison/>
- **Chemical Peel**
<https://radianceskintherapy.com/skin-essentials/chemical-peels/>
- **Photorejuvenation: IPL**
<https://radianceskintherapy.com/skin-essentials/ipl/>

