

Radiance

Laser Hair Removal Post Treatment Instructions

What to expect or avoid post treatment:

- 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** which is why several treatments are needed along with spacing of treatments. Your final results may not be apparent for several months post treatment.
 - 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.
- Redness and mild swelling may be seen for 4 to 6 hours following the laser treatment.
- Avoid sun exposure or tanning lights.
- Avoid hot tub, steam room, sauna, or exercise for 24 hours after treatment
- The treated hairs may take 7 to 14 days to release and may appear to be "growing" during this time. This is normal.
- Blistering may 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, please keep the area moist with an ointment until area has healed. Some patients develop raised papules like hives that can be confused with blisters. The difference is the hives/raised papules usually subsides in a few hours.
- 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.
- You may shave the treated area 3 days following treatment if desired. **Do not** pluck or wax between treatments.

It is very important that you call us with concerns. Any adverse reactions need to be reported to us immediately. A follow-up for reactions will be necessary within 2 weeks of the treatment date.

During business hours call or text 608-240-0088. After business hours call or text Taylor Hill, FNP at 608-575-1750 or Anne Pientka, RN at 608-513-8699.