



HAIR REMOVAL POST-TREATMENT INSTRUCTIONS

- A mild sunburn-like sensation is expected. This usually lasts two to twenty-four (2-24) hours but can persist up to seventy-two (72) hours. Mild swelling and redness may accompany this, but it usually resolves in two to three (2-3) days.
- Apply cooling to the treatment area for ten to fifteen (10-15) minutes every hour for the next four hours, as needed. An oral, over-the-counter anti-inflammatory (ibuprofen such as Advil®) or an analgesic (acetaminophen such as Tylenol®) may be taken to reduce discomfort. Use such medicine according to manufacturer's recommendations.
- Until redness has resolved, it is recommended to **AVOID THE FOLLOWING:**
 - Applying cosmetics to treated areas.
 - Swimming, especially in pools with chemicals.
 - Hot tubs, Jacuzzis, saunas.
 - Activities that cause excessive perspiration, or any activity that may raise core body temperature.
 - Sun exposure or tanning to treated areas. Apply a SPF 45 or greater sunscreen to prevent skin color changes.
 - Aggressive scrubbing and use of exfoliants on the treated area.
- Bathe or shower as usual. Treated areas may be temperature-sensitive.
- We recommend waiting at least one to two weeks before shaving again, but if you must, please wait at least 48 hours before shaving.
- If any darkened lesions occur, avoid picking or pulling at darkened lesions as scarring may occur.
- Appearance of hair growth or stubble will continue for seven to thirty (7-30) days post-treatment. This is not new hair growth, but treated hairs being expelled from the skin.
- Hairs that were in the resting phase (telogen) at the time of treatment may enter the active growing phase (anagen) in one to six (1-6) months, depending on the body area. Follow-up treatment may be needed.
- We recommend at least six (6) treatments at four (4) week intervals. Please schedule your follow up appointments with the front desk before you leave.

Please contact your provider if you have any questions or concerns following treatment.

Weeks Family Medicine

P: 541-678-5277