

POST-PROCEDURE RECOVERY GUIDE: LASER HAIR REMOVAL

What to Expect After Your Treatment

Following your Laser Hair Removal treatment, you may experience mild redness, swelling, warmth, or sensitivity around the treated hair follicles. These effects are temporary and typically resolve within several hours to a few days.

The treated hairs may appear to continue growing initially but will gradually shed over the next 1–3 weeks.

Post-Treatment Instructions

For the First 24-48 Hours

- Apply cool compresses as needed for comfort
- Avoid hot showers, saunas, steam rooms, and hot tubs
- Avoid strenuous exercise and excessive sweating
- Wear loose-fitting clothing if body areas were treated
- Avoid scratching or irritating the skin

Skincare Guidelines

- Use gentle cleansers and moisturizers
- Avoid exfoliating products, scrubs, retinoids, glycolic acids, and salicylic acids for several days
- Do not wax, tweeze, or use depilatory creams between treatments
- Shaving is permitted if needed

Avoid Until Cleared by Your Provider

- Retinoids or retinol products
- Glycolic acids, salicylic acids, or exfoliating products
- Harsh scrubs or cleansing brushes
- Waxing or aggressive skin treatments
- Excessive sweating and strenuous exercise for several days
- Hot tubs, saunas, and steam rooms

Common Side Effects

Temporary side effects may include:

- Redness
- Mild swelling
- Sensitivity
- Itching
- Temporary follicular bumps

Sun Protection Is Critical

Your skin may be more sensitive to UV exposure after treatment.

- Avoid direct sun exposure before and after treatments
- Wear broad-spectrum SPF 30+ daily
- Reapply sunscreen regularly when outdoors
- Avoid tanning beds and self-tanners

Sun exposure may increase the risk of irritation or pigmentation changes.

Please contact our office if you experience:

- Blistering
- Severe swelling
- Persistent pain
- Signs of infection
- Skin discoloration or burns
- Any symptoms that concern you

Austin Cosmetic Medspa

THE ART AND SCIENCE OF AESTHETIC MEDICINE
BY CHRISTINE FISHER MD

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