

LHR Post Care Instructions

Laser Hair Removal Post-Care Instructions



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- Immediately after your treatment, you will likely experience some slight redness, swelling around the hair follicles, and mild discomfort like a sunburn. You may use aloe gel or apply cool packs.
- You may also notice the smell of burned hairs during and immediately after your session. This is normal and will subside with cleansing.
- Avoid any loofahs or abrasive scrubs for at least 3 days or until any redness and sensitivity subside.
- Avoid strenuous sports activities or hot water/ saunas/ Jacuzzi for 24 hours after treatment to minimize irritation and prolonged redness.
- Limit direct sun exposure during laser hair removal treatments. If a tan or sunburn develops between treatments, your session may need to be postponed.
- Continue to use broad-spectrum SPF 30 or higher for the duration of your treatments.

CALL AURORA MEDICAL SPA if crusting or blistering develops, apply Vaseline or ointment twice daily to keep the area moist until healed, and contact our office if the area shows signs of worsening.