

Laser Hair Reduction Aftercare Instructions

Thank you for choosing us for your Laser Hair Reduction treatment. Proper aftercare is essential to ensure safe healing and the best possible results. Please follow these instructions carefully:

What to Expect:

- Mild redness, swelling, or sensitivity in the treated area (similar to a sunburn), usually resolves within a few hours to 48 hours
- A warm or tingling sensation for a few hours post-treatment
- Hair may appear to grow before it sheds — this is normal
- Shedding of treated hair begins around 5–14 days post-treatment
- Hair reduction becomes more noticeable after each session

Immediately After Treatment:

- Treated skin may feel warm, sensitive, or appear slightly red
- Avoid touching, scratching, or applying products not recommended by your provider
- No hot showers, saunas, or workouts for at least 12–24 hours
- Keep the area clean and protected from sun exposure

First 24 Hours:

- Cleanse the area gently with lukewarm water and a mild, non-active cleanser
- Apply a soothing aloe vera gel or post-laser product as directed
- Avoid deodorant (if underarms were treated), makeup, or perfumed products in the treated area
- No sun exposure or tanning (including tanning beds or self-tanners)
- Avoid exfoliating or shaving the treated area

Ongoing Care (Days 2-14):

- Continue moisturizing daily to soothe and hydrate skin
- Use SPF 30+ on exposed treated areas every day — even indoors
- Shedding of hair may look like hair growth — you may gently exfoliate after Day 5 to help the process (unless otherwise advised)
- Avoid tweezing, waxing, or threading — only shaving is allowed between treatments

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- You can resume makeup or deodorant once the skin is fully calm (usually after 24–48 hours)

When to Contact Us:

Please reach out immediately if you experience:

- Persistent redness or swelling lasting longer than 3 days
- Blistering, scabbing, or signs of infection (pus, yellow crusts)
- Unusual discomfort, pigmentation changes, or burning sensations
- Any concerns about your skin's reaction or healing

Additional Tips:

- Do not pick, scratch, or rub the treated area
- Keep the area cool and avoid heat exposure for the first few days
- Avoid hot tubs, pools, or saunas for at least 48 hours
- Stay on schedule for your sessions — consistency is key for best results
- Follow all instructions provided by your technician

If you have any questions or experience any unusual symptoms, please contact us at 808.585.8855. Thank you for trusting us with your care!