



Post-Laser/Pulsed Light Treatment Instructions and Recommendations

Expectations Following Treatment

- Mild erythema (redness) can last from a few hours up to a few days. Some areas such as those central to the body, lips, underarms, bikini, back and neck usually become erythematous. After treatment, a mild sunburn sensation may be experienced. Most clients do not feel any significant discomfort but a cool damp towel can soothe the area and should only be used on intact skin.
- In a small percentage of individuals, peeling of the skin may be experienced. The peeling is similar to the effects of sunburn. It is recommended that the peeling skin not be removed, as it may lead to scarring.

Precautions

- Avoid direct exposure to the sun, tanning beds or tanning creams for eight days before and after treatment. Sunscreen of SPF 30 (or higher) must be applied following any treatment for at least 8 days.
- A new spot test will need to be performed if sun exposure has occurred less than eight days between treatments.
- Do not rub, scratch or pick at the treated area. Treat the area gently. Pat skin dry after bathing or showering.
- Do not apply makeup over the treated area until redness dissipates. Shaving should not be done until all redness is gone.
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General Skincare

- Shower as usual but be aware that the treated area may be a little temperature sensitive.
- Avoid chlorine, hot tubs and swimming pools for at least 24 hours. Chlorine irritates treated skin.
- Avoid use of exfoliants, loofah sponges and aggressive scrubbing to the treated areas during the healing phase. Pat the area dry and be especially careful if any peeling is present.
- If needed, areas that are irritated may be covered with a dressing to protect against irritation from clothing or jewelry.
- Any discomfort you experience post treatment may be relieved with an ice pack and/or Tylenol.
- No waxing, tweezing, bleaching or depilatories between treatments. Shaving is fine, but wait at least 24 hours after treatment.
- If you have any questions, please do not hesitate to call our office.