

## Laser Hair Post Care

- No exercise or sweating until perifollicular erythema (red bumps) resolves, especially on chest and back. This may take up to 48 hrs
- Avoid sun exposure to treated areas for at least 10 days after treatment
- Apply 1% hydrocortisone to treated area as redness or itchiness occurs. Itchiness is a common side effect and can last up to 1 week
- No RetinA, vitamin A or Glycolic for 1 week after treatment
- Ice immediately post treatment, if necessary
- Do not pick or scratch treated areas
- Hair may take up to 2 weeks to fall out, so be patience
- No Jacuzzi, sauna or steam baths until skin is back to normal
- Slight redness is normal and disappears within 2-3 hours. Mild redness with swelling may persist for 2-3 days after treatment
- If underarms have been treated, no deodorant to area until redness subsides

Please call/text us at 619 692 9300 AND email photos to [patients@beautyandbodylounge.com](mailto:patients@beautyandbodylounge.com) with any concerns

