



HAIR REMOVAL POST-TREATMENT GUIDELINES

- A mild sunburn-like sensation is expected. This usually lasts 2-22 hours but can persist up to 72 hours. Mild swelling and / or redness may accompany this, but it usually resolves in 2-3 days.
- Apply ice or gel packs to the treatment area for 10 – 15 minutes every hour for the next four hours, as needed. An oral, non-steroidal anti-inflammatory medicine, such as acetaminophen, may be taken to reduce discomfort. Use such medicine according to manufacturer's recommendations.
- Until redness has resolved, it is recommended to avoid the following:
 - Applying cosmetics to treated areas.
 - Swimming especially in pools with chemicals.
 - Hot tubs, Jacuzzis, and saunas.
 - Activities that cause excessive perspiration.
 - Sun exposure or tanning to treated areas. Apply an SPF 45 or sunscreen to prevent skin colour changes.
 - Aggressive scrubbing and used of exfoliants on the treated area.
- Bathe or shower as usual. Treated areas may be temperature-sensitive.
- Appearance of hair growth or stubble will continue for 7-30 days post treatment. This is not new hair growth, but treated hairs being expelled from the skin.
- Hairs that were in the resting phase (telogen) at the time of treatment may enter the active growing phase (anagen) in 1-6 months, depending on the body area. Follow-up treatment may be needed.
- Do not scratch area as scarring may occur.

POSSIBLE SIDE EFFECTS

- A low risk of prolonged itching, redness, and blistering.
- A very low risk of bruising, peeling, rash, lightening or darkening of skin colour, ingrown hairs, removal of freckles, crusting, swelling, and infection.
- Scarring
- Pigment changes including hypopigmentation (lightening of the skin) or hyperpigmentation (darkening of the skin) lasting 1-6 months or longer or permanently may occur. Freckles and other pigmented lesions may temporarily or permanently disappear in the treated areas.

* Call your treatment provider if side effects occur *