

LASER HAIR REMOVAL

Post-Treatment Instructions

- After a laser hair removal session, it is normal to experience redness or swelling. Using ice, CoolRoller, cold packs and/or a steroid cream immediately after treatment can reduce redness/swelling and provide comfort to the client.
- A mild sunburn-like sensation is anticipated following the treatment. This usually resolves within 2 - 24 hours of treatment but depending on the sensitivity of your skin and treated area, it can persist up to 72 hours.
- Tylenol is recommended for any post-treatment discomfort.
- Avoiding sun exposure to treated areas can reduce the occurrence of unwanted side effects. Apply a sunblock with SPF 30 if sun exposure is unavoidable. Sun avoidance will decrease likelihood of skin colour changes.
- You can bathe or shower as usual, however treated areas may be temperature sensitive, so cool showers or baths will offer relief. Avoid shaving or swimming in pools with chemicals/chlorine.
- Avoid use of scented lotions or soaps, exfoliant creams, loofa sponges and aggressive scrubbing in treated areas during the healing phase.

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- Makeup can be applied immediately after the treatment and regular activity can resume immediately.
- We recommend refraining from exercising for 24 hours.
- Appearance of “hair growth” may appear in 1 – 3 weeks post treatment. This is not hair re-growth, but the treated hairs falling out.
- Hairs that were in the resting phase at the time of treatment may enter the active phase in 1 – 6 months depending on the body area.
- Follow up treatment may be performed at 4 – 8 week intervals or within 1 – 2 weeks of new hair growth.
- If blisters or skin opening areas occur, apply antibiotic ointment to the area 2 times a day until healed. Do not pick or remove scabs or crusting; this will help decrease the chance of infection or scarring. A non-steroidal anti-inflammatory such as acetaminophen will help reduce discomfort.
- Post-care: Aloe to be applied after treatment.

Please contact True Balance if you have any questions or concerns following your treatment - we are always happy to help!

Thank you for choosing True Balance Medical Spa. To provide our guests with the best experience possible, we kindly request that a minimum 24 hours' notice is provided if unable to make an appointment; cancellation or no-show fees may apply. We look forward to seeing you soon!