



LASER HAIR REDUCTION POST TREATMENT INFORMATION/INSTRUCTIONS

Post Treatment Precautions

- ❑ Treat the area delicately. Do not rub, scratch or pick the treated area.
- ❑ If the treated area becomes tender or shows signs of infection such as pus, tenderness, or if you develop a fever, contact Dr. Goncalves at 250-492-4015
- ❑ Avoid swimming, sports, and strenuous exercise for two to three days following treatment.
- ❑ Do not shave the area if crusting or blistering occurs.
- ❑ Do not use hot water on treated areas immediately following treatments.

Care of the Treated Area:

- ❑ Apply a light coat of antibacterial ointment such as Neosporin or Polysporin, to the treated area as often as necessary to keep the area moist.
- ❑ Keep the treated area clean.
- ❑ Discomfort, such as swelling or redness can be relieved with Tylenol or by applying ice.
- ❑ It is best not to use make-up for three days on the treated area. If make-up is a must, you should apply and remove it very delicately. Excessive rubbing can cause trauma to the area and may increase the chance of scarring or hyper-pigmentation.
- ❑ Treated hair will exfoliate or push out in approximately two to three weeks (sometimes sooner), and may appear darker and thicker before falling out.
- ❑ Do not shave for a minimum of 3 days post treatment.
- ❑ Do not occlude the underarm with deodorant for three days. Use a light powder instead.
- ❑ When showering, always gently rinse with cool or tepid water and gently pat the area dry. *Do not rub.*

Remember To achieve the desired results; the specified number of treatments must be adhered to. Skipping treatments, even when it appears you have achieved the results, will result in a less than adequate outcome.

To reduce your risk of complications, it is important to follow these post treatment instructions. If you have any questions or concerns, please contact our office at 250-492-4015 or visit our website at www.drjosegoncalves.com