



Lindsey Pennington, MD
F A C I A L P L A S T I C S

Laser Hair Removal Pre and Post Care Instructions

Prior to your treatment:

- **No self or fake tanner to areas being treated for a minimum of 2 weeks.**
- **No sun exposure** to areas being treated for a minimum of 2 weeks
- Stop retinol in area 3 days prior to procedure
- **Shave area being treated 1-3 days prior to appointment**

Post Care:

- Expect mild redness, usually up to 2 hours, but can be up to 2 days, can feel like a mild sunburn. Can apply icepacks if redness or swelling persists
- Can develop redness around hair follicles (folliculitis) 1-2 days post treatment. If bothersome, apply hydrocortisone over the counter 1% cream twice a day to the area.
- Makeup can be worn immediately
- Hair shedding is expected 5-10 days post treatment
- Shower as normal, just be gentle on skin
- Blisters are NOT normal. If any blisters develop please call clinic immediately.

Retreat every 4-6 weeks

Question? Please call our office or you can email your aesthetician directly:

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