







Laser Treatment Aftercare Instructions

General Information

Most concerns encountered following treatment with laser treatments (laser hair removal, IPL) can be prevented by appropriate aftercare. The following are some of the most common and helpful preventive measures.

-  **Sun Care:** Beginning 24-72 hours post-treatment, use a high-factor sunscreen of at least 30 SPF and protect the treated area from over-exposure to sunlight for at least one month after your treatment(s). Avoid excessive tanning of any kind; sun exposure, tanning beds, and artificial tanning lotions are all contraindicated in the treated areas.
-  **Infection Prevention:** During the first 48 hours following treatment, the area should be kept clean to avoid contamination or infection; any mechanical or thermal damage must be avoided. Do not use hot tubs, saunas, or participate in heavy exercise.
-  **Skin Irritants:** Avoid products containing tretinoin (Retin-A), retinol, benzoyl peroxide, glycolic/salicylic acids, ascorbic acid (vitamin C), and astringents for one week following treatment on the affected area(s).
-  **Skin Care:** Moisturizer (serums, lotions, creams without actives) may be applied 24-72 hours after each treatment and then should be applied regularly continually as determined by the provider. Generally, 24 hours post-treatment, patients may use regular cleansers or soaps, but not scrub soaps or exfoliants.

Recommendations







1. Keep head elevated, avoid lying flat or prone (face down). Using pillows to elevate the head will help reduce bruising, swelling, and pooling of blood in the area(s) treated.
2. Do not massage or touch treated area(s). Avoid rubbing and massaging the area for a minimum of 24 hours post treatment.
3. Take oral arnica immediately and after 24-72 hours, apply topical arnica as needed for bruising.
4. Avoid any strenuous activity that may raise your blood pressure and heart rate, which can cause bruising. Avoid running, weightlifting, pilates, yoga, aerobics, cycling, climbing, and sex for the first 24-72 hours.
5. For at least 72 hours following treatment, avoid aspirin, Motrin, ginkgo biloba, alcohol, excessive caffeine, sugar, or salt. Additionally, avoid garlic, flax oil, liver oil, fish oil, vitamin A, vitamin E and other essential fatty acids.
6. Follow skin care regimen as instructed by provider.
7. Limit mask wearing time for the first 24-72 hours.



Possible Side Effects

Laser treatments, whether utilized properly, or improperly, could result in side effects. While side effects are uncommon and expected to be transient, any signs indicative of an adverse reaction should be immediately reported to the provider. Side effects may include any of the following conditions listed below, which may appear at the time of treatment, or shortly afterward.

If any of the following are progressively worsening after your treatment, please call our office immediately.

-  Swelling
-  Excessive skin redness
-  Persistent pain or discomfort
-  Change of pigmentation
-  Scarring
-  Infection

Contact information:

For questions or concerns not requiring an urgent response please call us at
206.683.4893

If you are experiencing a medical emergency, please call 911.