



Hair Reduction Aftercare Guide

1. Some people may experience a mild sunburn-like sensation. This usually lasts 2-24 hours but can persist up to 72 hours.
2. Apply cold gel packs or cool wet cloths to the treatment areas for 15 minutes every 2-4 hours until symptoms subside.
3. Bathe or shower as usual. Treated areas may be temperature sensitive. Cool showers or baths will offer relief.
4. Avoid excessive scrubbing with scrub brushes or loofah sponges and use of exfoliants (glycolic acid, alpha hydroxy acids, astringents, perfumes, deodorants and after-shaves) for at least 7-10 days after treatment.
5. Keep the area moisturised. You may use your normal moisturiser or one recommended by your beauty therapist. Use Aloe Vera gel if very red and/or swollen. Use a light moisturiser only, no AHAs. If you experience intense itching 2-4 days after treatment, applications of ice and/or hydrocortisone cream will help.
6. Avoid sun exposure to treated areas, as well as the use of sun tanning beds and self-tanning creams.
7. Use a SPF30+ sunscreen if sun exposure is unavoidable. Sun avoidance will decrease the likelihood of skin colour changes.
8. It is important to be aware that your hair will shed for up to one month after your treatment. The hair will appear to be growing but will easily be removed by hand. You may use a loofah regularly to encourage this shedding.
9. 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.
10. Follow-up treatment may be performed at 4 week intervals or within 2 weeks of new hair growth.
11. Avoid swimming, hot tubs/Jacuzzis, and excessive exercise for 7 days after treatment or until redness resolves.
12. If blisters occur, apply antibiotic ointment to the areas 2 times a day until healed.
13. Do not pick scabs or crusting; this will help decrease the chance of infection and scarring.
14. Often people with oilier skin and deep dense hair may experience pimple-like breakouts. This is normal and will eventually subside.
15. Women having their full bikini area treated and men having their face and/or next treated may experience quite swelling, redness and pimple-like breakouts. This may take up to 3 weeks to subside.
16. It is important to note that hair loss will become more noticeable after approximately the third to fifth treatment.