

# ANGELIC SKIN CLINIC

## Post-Treatment Instructions for Laser hair Removal

1. Avoid the sun for 1 week and thereafter use a sun block (High SPF with zinc or titanium oxide). After treatment you may feel like you have a mild to moderate sunburn. The skin may also itch and feel irritated.
2. Small red areas may be present directly around individual hairs. This is normal. If a burning sensation occurs, apply ice for 20 minutes and repeat as necessary.
3. No exercise, Jacuzzi, sauna, or steam baths if any skin irritation exists.
4. Avoid stimulating such as rubbing or scratching the areas treated for at least 24 hours after treatment.
5. Do not wax, tweeze, or use depilatories on the hair that grows back. After treatment hair may continue to grow as if it were never treated. Typically this will occur for about 2 weeks after the treatment. These hairs will simply grow and then fall out. Hair regrowth occurs at different rates on different areas of the body. In the meantime, NEW hair growth can begin growing in the treated area as early as the day after your treatment. This will likely result in "patchiness" throughout the treatment series which is normal and expected.
6. Shaving is allowed 24-48 hours after treatment as long as there is no skin irritation.
7. If you are prone to ingrown hairs, start exfoliating with scrubs or exfoliating cloths 48 hours after treatment to prevent hairs from becoming ingrown.

Call 763-497-7546 During Working Hours for any questions or concerns OR  
Email [info@angelicskinclinic.com](mailto:info@angelicskinclinic.com) for after hour support.