

Post Treatment Guidelines: Laser Hair Removal

Mild redness, warmth, or light swelling is normal and typically resolves within 24–72 hours.

FIRST 24–48 HOURS:

- Apply a cool, damp cloth or aloe-based gel for comfort (avoid applying ice directly).
- Avoid hot showers, saunas, steam rooms, hot tubs, and swimming pools.
- Avoid vigorous exercise for 48 hours.
- Avoid wearing makeup or perfumed products on the treated area for 24 hours.
- Do not rub, scratch, or pick the area.

TREATED PIGMENTED LESIONS — WHAT TO EXPECT:

- Pigmented spots may darken after treatment.
- They may crust, flake, or lightly peel over several days.
- Do not pick at flaking or peeling skin.

TREATED VASCULAR LESIONS — WHAT TO EXPECT:

- Treated vessels may appear darker, purplish, or bruised before resolving.
- Temporary swelling or redness is normal.

ONGOING FOR TWO WEEKS:

- Continue avoiding sun exposure and apply broad-spectrum SPF 30+ daily for 4 weeks after treatment.
- Avoid self-tanners, bronzers, and spray tans until all redness or sensitivity has resolved.
- Avoid chemical and physical exfoliation until the skin is fully calm (usually 5–7 days).
- Keep the area moisturized with a gentle, fragrance-free moisturizer.

EXPECTED RESULTS:

- Improvement occurs gradually over several sessions.
- Pigment spots will darken then flake naturally.
- Vascular lesions may lighten or fade over several days to weeks.
- Most patients require a series of 3–6 sessions, spaced 4–6 weeks apart, depending on the condition.

WHEN TO CONTACT US:

Please call immediately if you experience:

- Blistering

- Spreading redness
- Drainage
- Fever
- Unusual or worsening pain

Call us at: 269-354-2064

Or email us at: info@alamarmedspa.com