



Waterhall Medical Centre

ICON - Laser Hair Reduction Post-Treatment Instructions

What to expect

- Because treated follicles have been heated, the area may become red and possibly swell for 1-3 days. Swelling results from heat, not infection, and is therefore normal and expected.
- You may notice 'dead' hair surfacing for 2-3 weeks after treatment. Although this may appear to be new growth, it is generally not. This process is called purging or shedding and will take time to complete. You should wipe away these hairs with a damp cloth or loofah once the sensitivity of treated area resolves. Start this exfoliating process 1 week after treatment, but no earlier.

After care of the treated area

- Apply a cool compress to relieve swelling or warm sensations for 1-2 hours after treatment if needed.
- Apply a soothing/ healing product morning and night for 3-4 days after treatment if required. Aloe Vera straight from the fridge can be helpful.
- Should a burn occur, a scab may form at the drop off in 7-10 days. Use an anti-bacterial ointment (eg. Savlon, Dettol) on the treated area and to cover it with a dressing for a few days. This will protect the skin from being abraded and the site infected (a potential source of scar formation).
- Use only mineral makeup on areas that have been treated, 24h after treatment, and if there is no redness
- For the first 48 hours avoid deodorants and avoid active products for 3-4 days post treatments (eg. Vitamin A, chemical exfoliants). Resume use of usual topical agents and skincare when irritation resolves.
- Do not go in a spa/pool/sauna or anywhere that involves chlorine/chemicals or excessive heat for 24 to 48 hours after treatment.
- Avoid the gym or excessive exercise for 24 to 48 hours after treatment. Avoid friction and anything that raises body temperature for 23 to 48 hours.
- Wear clothing or sun block (SPF 45+) to protect the treated area from direct sun exposure. Be sure to reapply sun block throughout the day. *It is imperative to the success of future treatments and skin health to protect the skin from sun exposure while undergoing Laser Hair Reduction treatments. No sun exposure on the treated area for at least 4 to 6 weeks before or after a treatment.*
- It is okay to shave between treatments, but do not wax or tweeze as this will remove the target of the treatment (the hair bulb).
- **If the area looks infected (honey coloured crusting and oozing or spreading redness), if you experience an unusual discomfort, if any other complications develop or if you have any questions or concerns contact our office immediately.**
- **If you have any extreme reaction, seek immediate medical attention.**