

# THE LASER SPA THE LOUNGE

## ANTI AGING DAY SPA

### Laser Hair Removal After Care Instructions

Treat your skin gently – do not scrub, scratch or pick at the treated area.

Avoid hot showers, baths, hot tubs for at least 24 hours after treatment.

Avoid any creams or lotions which contain Alpha Hydroxy or Glycolic Acid for three days after treatment.

Many anti-aging and acne products contain these acids – please check the ingredients of your products.

You may shave the treated area, but **no plucking, waxing or bleaching**. Remember it takes 2-3 weeks to fall out, so be patient.

Ideally, you should stay out of the sun throughout the course of the treatment. If you are planning a vacation in the sun, wear protective clothing and sunscreen (SPF 30 or higher). If you become tan, **you will need to wait 2 weeks before your next treatment.**

### Reactions to watch for and what to do:

Skin may be red with small “bumps” immediately following your treatment. Your skin may feel like it has a slight sunburn. This can last for a few minutes to a few days after treatment. You may use ice packs and cold aloe vera gel to soothe your skin.

If you experience itching, you may use over-the-counter topical hydrocortisone lotion or cream. If light scabbing or crusting occurs, apply a topical antibiotic ointment, such as bacitracin or Neosporin as directed.

**If you experience increased pain, textural changes (blistering or fluid eruptions), or skin becomes tender to touch, call The Laser Lounge Spa immediately for further directions or make an appointment to be seen right away.**