



**Mount  
Sinai  
Doctors** Faculty Practice

**Hooman Khorasani, M.D.**

Chief

Division of Dermatologic and Cosmetic Surgery

**E85th Street Skin & Laser Center**

234 East 85<sup>th</sup> Street – 5<sup>th</sup> Floor

New York, NY 10029-6574

Tel 212.731.3311 Fax 212.731.3395

### **Laser Hair Removal Post-Procedure Instructions**

1. Immediately after treatment, there should be erythema (redness) and edema (swelling) of each hair follicle at the treatment site. The swelling may last up to 2 hours or longer, while the erythema may last up to 2-3 days. The treated area will feel like a sunburn for a few hours after treatment.
2. A topical soothing skin care product such as aloe vera gel or Sarna lotion may be applied following treatment if desired.
3. The **application of ice** during the first few hours after treatment will reduce the discomfort and swelling that may be experienced.
4. **Avoid sun exposure to reduce the chance of hyperpigmentation (darker pigmentation).**
5. Use a sunblock (SPF 30+) at all times throughout the course of treatment.
6. Avoid picking or scratching the treated skin. **Do not use** any other hair removal treatment products or similar treatments (waxing, **electrolysis** or **tweezing**) that will disturb the hair follicle in the treatment area for 4-6 weeks after laser treatment is performed. Shaving is permissible.
7. Anywhere from 5-14 days after the treatment, shedding of the treated hair may occur. Although this appears as new hair growth, it is **NOT**. You can clean and remove the hair by washing or wiping the area with a wet cloth or loofa sponge.
8. After the axillae (underarms) are treated, you may wish to use a powder instead of a deodorant for 24 hours after treatment to reduce skin irritation.
9. There are no restrictions on bathing except to treat the skin gently. For the first 24 hours treat the affected area tenderly as if you had a sunburn
10. Return to the office or call for an appointment at the first sign of the return of hair growth. This may be within 3-6 weeks for the upper body and possibly as long as 2-3 months for the lower body. Hair re-growth occurs at different rates on different areas of the body. New hair growth will not occur for **AT LEAST** 3 weeks after treatment.