



Kavali  
Plastic Surgery

### **Laser Hair Removal Post Treatment Instructions**

1. Remember, the hair can take up to 3 weeks to fall out. You can help this process along by gentle use of a washcloth or loofa sponge 4-5 days after treatment.
2. Immediately following laser treatment you may experience redness or minor swelling of the skin, similar to mild sunburn. These normal tissue effects are temporary and usually disappear within 24 hours. Cold packs or soothing aloe vera gel may be used to ease any discomfort. Acetaminophen (Tylenol), aspirin, or ibuprofen (Advil, Nuprin) may also reduce post treatment discomfort.
3. A small percentage of individuals will experience mild peeling of the skin. This peeling is similar to the effects of sunburn. Avoid vigorous removal of the peeling skin to reduce the risk of scarring. If the skin blisters, an over-the-counter antibiotic such as Bacitracin or Neosporin may be applied twice-a-day. Please contact our office if you develop any blistering.
4. Take care to prevent trauma and friction to the treated area for the first 2-3 days following treatment. Treat the area gently. Avoid tight fitting clothes or banded clothing that would put pressure on the area. Avoid rubbing, scratching, or picking at the treated areas. Avoid very hot showers or baths, soaking in a hot tub, or swimming in a chlorinated pool. Pat the skin dry after bathing or showering
5. Avoid direct sun exposure (natural and artificial) for 5-7 days following each treatment. If the sun cannot be avoided, be sure to use a sun block with an SPF of 30 for the face and 15 or higher for the body to provide protection between treatments.
6. To prevent skin irritation, avoid applying makeup for 24 hours, if possible.
7. Any irritated areas can be protected from clothing jewelry with a non-adhesive dressing such as Telfa.
8. Avoid shaving with a razor for the first 2-3 days after treatment. An electric razor may be used after 24 hours. Avoid waxing, tweezing, bleaching, or use of depilatories between treatments.
9. During the treatment period, sun block should be used whenever the treated area is exposed to the sun. Sun tanning increases the melanin (pigment) in the skin and increases the risk for burns and blistering during treatment.

I understand and will comply with above instructions.

Signature of Patient: \_\_\_\_\_

Printed Name: \_\_\_\_\_ Date: \_\_\_\_\_

---

Carmen M Kavali, MD PC

5505 Peachtree Dunwoody Road Suite 410 Atlanta, GA 30342 404-250-3333 Phone 404-250-0175 Fax