



## RECOMMENDATIONS AFTER YOUR TREATMENT

**Congratulations! You have just completed your laser hair removal treatment. Here are our recommendations to follow for the next two weeks. If you have any questions or concerns, do not hesitate to contact us. We are here to help you.**

- The appearance of **redness, swelling, tiny scabs and darkening of pre-existing spots** is normal and expected following treatment. These symptoms usually go away within 24 to 48 hours, but may persist for up to 2 weeks. We advise you to **avoid any manipulation** of your skin during the healing process.
- Please contact us immediately if **scabs, blisters or spots larger than 1 cm** appear (signs of burning).
- Dead hair will start to fall out **5-30 days after** your treatment.
- Avoid rubbing or handling the treated area, as well as the use of an abrasive shower sponge for at least 3 days after your treatment, or until all symptoms subside. The treated area can be gently washed with mild soap.
- Please **keep your skin well hydrated** using a cream adapted to your skin type twice daily. We also recommend you use a **mild cleanser** and avoid the use of skin care products with inflammatory or exfoliating properties up to 7 days after your treatment, such as : retinoids, vitamin A and C, hydroquinone, benzoyl peroxide or alcohol.
- Please avoid activities that cause heavy sweating, such as **physical exercise** or **sauna** for 2-3 days.
- During the next 4 weeks, or until all symptoms have completely subsided, it is recommended that you **avoid sun or UV light exposure** and that you use an **appropriate SPF 45+ sunscreen** to avoid skin damage.

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