



GILLUM FACIAL PLASTIC SURGERY
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POST PROCEDURE INSTRUCTIONS LASER HAIR REMOVAL

- Mild sunburn-like sensation is expected. This usually lasts 2- 24 hours but can persist up to 72 hours.
- Apply cold gel packs or cool wet clothes to the treatment areas for 15 minutes every 2-4 hours until symptoms subside.
- Bathe or shower as usual. Treated areas may be temperature sensitive. Cool showers or baths will offer relief.
- AVOID aggressive scrubbing, use of exfoliants, scrub brushes, and loofa sponges until treatment area has returned to its pretreatment condition.
- AVOID sun exposure to treated areas, as well as the use of sun tan beds and self tanning creams.
- Use a SPF-30 sunscreen if sun exposure is unavoidable. Also use a physical block such as hat, sunglasses, scarf etc. Sun avoidance will decrease the likelihood of skin color changes.
- Appearance of hair growth or stubble will continue for 7- 30 days post treatment. This is not new hair growth but the treated hairs being expunged/ purged from the skin.
- Hairs that were in the resting phase at the time of treatment may enter the active phase in 1 to 6 months, depending on the body area.
- Your next appointment will be scheduled 4-6 weeks from your previous session.
- Avoid swimming, hot tubs/ Jacuzzi, and excessive exercise for 3 days after treatment **or until redness resolves.**
- If blisters occur, apply antibiotic ointment to areas 2 times daily until healed.
- DO NOT pick or remove scabs or crusting; this will help decrease the chance of infection and scarring.

Patient Signature: _____ Date: _____

Witness: _____ Date: _____