



**GentleLase Hair Removal Recovery and Care
(Ears, Neck, Shoulders, Underarms, Back, Legs)**

Avoid taking aspirin, aspirin containing products, Vitamin E or Fish Oil for two weeks before your scheduled appointment. For optimum results, shave the appropriate area 2 days before your scheduled appointment. Proper skin care after and between treatments is important. Avoid sun exposure for 6 weeks before and 2 weeks after treatment. Daily sunblock (zinc and titanium oxide) use is advised for sun exposed skin. Self-tanning products must be stopped one week before treatment. Recently tanned skin cannot be treated. It is best to maintain the health of your skin by using a daily moisturizer. Most patients will be able to return to normal activities directly after treatment.

First 24 hours after laser hair removal treatment:

- The skin in the treated area may be slightly red and swollen.
- The area may feel a little puffy and irritated, like a mild sunburn, most noticeable around hair follicles. This sensation disappears within a few hours. However, for some it may take a day or two for skin to return to a completely normal state.
- Discomfort should fade in a very short time, but if discomfort persists, to soothe the area use cold compresses. Soak a soft cloth in ice water and gently place it over the affected area, changing as often as necessary.

In the unlikely event that fluid filled blisters or crusting occur, within 24 hours of treatment, **call Dr. Prystowsky at 212-230-1212.**

First 2 weeks after laser treatment:

- Avoid shaving the treated area. Shaving can be resumed after 4 – 5 days.
- During laser hair removal treatments and in between treatments DO NOT wax, bleach or pluck hair in the treated area.
- Use a gentle cleanser on the treated area. Strong soaps will cause drying of the skin.
- Moisturizing creams can also aid in the recovery of the skin in the treated areas.
- The hair in the treated area will begin to shed. This is NOT re-growth. Shedding of hair in the treated area is a normal part of the treatment and recovery process, during the first 2 weeks after treatment. Tweezing of the “dead hairs” is allowed for up to 2 weeks after treatment.
- In-between treatment sessions, (ideal spacing is 2 – 3 months apart), avoid exposing the treated area to sunlight, which can cause irritation and burning on the treated areas of the skin. Darkening of the skin can impact the effectiveness of follow-up treatments. Use a sunblock of SPF 30 or higher throughout the course of treatment.