



Spectrum Diode Laser Hair Removal

Post-Treatment Care

Your skin has undergone a targeted laser hair removal treatment and may feel warm or sensitive; gentle care over the next few days will support comfort, protect the skin, and optimize result



Days 0-2

1. **Minimize discomfort.** Apply cool compresses 2 hours post-treatment and take Tylenol as needed.
2. **Cleanse twice daily.** Use gentle soap and lukewarm water. Pat dry with a clean, soft washcloth.
3. **Keep skin moist.** Apply a gentle moisturizer 2-3 times a day as needed.
4. **Avoid direct sun exposure** and protect against sun damage.
5. **Sleep on your back.** Ensure you are using a clean pillowcase
6. **Apply zinc/titanium dioxide-based sunscreen daily.** Reapply every two hours when outside.

Days 3-5

1. **Keep skin hydrated.** After the surface level has healed, begin applying a gentle moisturizer 2-3 times a day.
2. **Continue to avoid vigorous exercise**—and activities that may cause flushing or excessive perspiration including exercise, spicy foods, alcohol, or hot temperatures.
3. **Drink 64 ounces** of water daily
4. **Avoid direct sun exposure** and protect against sun damage. After the surface level has healed, apply zinc/titanium dioxide-based sunscreen daily. Reapply every two hours when outdoors.

Days 6-7

1. **Continue to keep skin hydrated.** Apply a gentle moisturizer 3 times a day.
2. **You may begin to wear makeup.** Ensure brushes and applicators are clean.
3. **Avoid direct sun exposure and protect against sun damage.** After the surface level has healed, apply zinc/titanium dioxide-based sunscreen daily. Reapply every two hours when outdoors.



1. **Do not wax, tweeze or use hair removal creams** at any time during your treatment series.
2. **Do Not expose skin** to direct sunlight. Continue to avoid direct sun exposure for the next 4 weeks, for best results up to 6 months. Skin will be more sensitive to the sun.
3. **Do not apply any active products** such as retinol or AHA/BHA for 7 days

1. **Do not wax, tweeze or use hair removal creams** at any time during your treatment series.
2. **Do not perform vigorous exercise**—and activities that may cause perspiration.
3. **Do not scratch** or pick at the healing skin.
4. **Do not expose skin to direct sunlight.** Continue to avoid direct sun exposure for the next 4 weeks. For best results up to six months. Skin will be more sensitive to the sun.

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Contact Us if you Experience

- ! Excessive Swelling
- ! Blistering
- ! Signs of Infection
- ! Severe pain not relieved with recommended care

Please note:

Healing rates vary by individual. If you have any questions or concerns please contact our office.



845-825-3362