



Karma Wellness Center

# 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. **Apply zinc/titanium dioxide-based sunscreen daily.** Reapply every two hours when outside.



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

### Please note:

Must shave 24 hours before each treatment session. Avoid sun exposure 2 weeks prior and after treatment.

### 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.



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