

Post Laser Hair Reduction Care

Take head bath on the day of procedure before procedure Avoid head bath for a day after the procedure

Lased hairs shed off after 7 – 10 days

The hair growth which is seen immediately after laser is the damaged hair in the process of extrusion and not the real growth

Do not pluck, thread or wax the hair in the treated area in between laser sessions

Do not bleach the treated area

Avoid any face wash or cleanser on the day of procedure.

Wash with plain cold water

Avoid excessive sun for 2 days.

But you can continue your regular routine of traveling from home to office etc with regular application of sunscreen.

Apply sunscreen regularly every 3 – 4 hours for the area where laser hair reduction is done on sun exposed parts. Take physical sun protection as well.

This avoid tanning and thereby ensures good results with the laser session

Avoid scrubs for 1 week

Avoid all parlour activities for 1 week

Swimming, vigorous exercise and gym can be resumed after 2 days

Regular use of a sunscreen is advisable if laser hair reduction is done for exposed body areas.

Results of laser hair reduction are better when sessions are taken regularly as suggested by Dermatologist

Regular exercise, weight reduction, avoidance of high calorie and junk foods have a positive impact on the laser hair reduction in women with hirsutism (women having men like hair growth on face and body) associated with PCOS

Apply all the creams/ medicines as advised by the doctor

If you have any doubts please contact the doctor