Studio name _____

Laser hair removal aftercare instructions

After laser hair removal

These are your clinic's care steps. If your technician told you something different, follow your technician.

- Redness and small bumps can last a day or two.
- Skip hot showers, saunas, workouts and the sun for a day or two.
- Don't tan or use self tanner between sessions.
- Shave if you need to. Don't wax, pluck, thread or use an epilator between sessions.
- Treated hair sheds over the next weeks. Let it fall out on its own.
- Your next session is 4 to 6 weeks from now.

If something looks or feels wrong, contact the clinic. For a medical concern, contact your doctor.