

Laser Hair Removal

What to expect:

- Mild redness, warmth, or swelling around follicles for up to 48 hours.
- Hairs will shed gradually over the next 10-14 days.

Do's:

- Apply aloe vera or a cold compress to calm skin.
- Use SPF 40+ daily on exposed areas.
- Wear loose, breathable clothing to prevent friction.
- Start gentle exfoliation from Day 5 to encourage shedding.
- You may use a **cold compress or ice pack** to relieve heat, redness, or swelling.
- Always **wrap the ice pack in a clean cloth** or sterile gauze — never place ice directly on the skin, as this may cause damage.
- Apply intermittently (e.g., 5–10 minutes at a time), allowing the skin to rest between applications.
- Ensure anything used is **freshly cleaned** to avoid introducing bacteria to the treated area.

Don'ts:

- No hot baths, saunas, steam rooms, or vigorous exercise for 48 hours.
- Avoid perfumed products, deodorants, or harsh cleansers for 24–48 hours.
- No waxing, plucking, or threading between sessions (shaving only).
- Avoid sunbeds, tanning products, and direct sun exposure for 2 weeks.

⚠ When to contact the clinic:

Contact the clinic if you notice blistering, severe irritation, or pigment changes.

Sophistiqué Beauty Specialists | Wigton, Cumbria | Tel: 016973 49021 | www.s-beauty-s.co.uk

Where skin confidence begins