



HAIR REMOVAL POST TREATMENT INSTRUCTIONS

- A mild sunburn-like sensation is expected. This usually lasts two to twenty-four (2-24) hours but can persist up to seventy-two (72) hours. Mild swelling and redness may accompany this, but it usually resolves in two to three (2-3) days.
- Apply cooling to the treatment area for ten to fifteen (10-15) minutes every hour for the next four hours, as needed. An oral, over-the-counter anti-inflammatory (ibuprofen such as Advil®) or an analgesic (acetaminophen such as Tylenol®) may be taken to reduce discomfort. Use such medicine according to manufacturer's recommendations.
- Until redness has resolved, it is recommended to AVOID THE FOLLOWING:
 - Applying cosmetics to treated areas.
 - Swimming, especially in pools with chemicals.
 - Hot tubs, Jacuzzis, saunas. o Activities that cause excessive perspiration, or any activity that may raise core body temperature.
 - Sun exposure or tanning to treated areas. Apply a SPF 45 or greater sunscreen to prevent skin color changes.
 - Aggressive scrubbing and use of exfoliants on the treated area.
- Bathe or shower as usual. Treated areas may be temperature-sensitive.
- Appearance of hair growth or stubble will continue for seven to thirty (7-30) days post-treatment. This is not new hair growth, but treated hairs being expelled from the skin.
- Hairs that were in the resting phase (telogen) at the time of treatment may enter the active growing phase (anagen) in one to six (1-6) months, depending on the body area. Follow-up treatment may be needed.
- If any darkened lesions occur, advise persons being treated not to pick or pull at darkened lesions as scarring may occur.

Lotus Health Medspa and Wellness Center
650 Scranton Road Suite J
Brunswick, GA 31520
(912) 289-9273