

# COSMETIC

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## DERMATOLOGY

### **GentleLase Hair Reduction: Post-Treatment Care Instructions**

You have been treated with the Candela GentleLase Laser. The treated area is very delicate and should be treated gently. Please read and follow these instructions:

- Directly after the treatment, a hot or stinging sensation in the treated area may be experienced and may last up to 30-60 minutes after treatment. This sensation is normally replaced with a mild “sunburn like” skin sensitivity, which may last up to one week after treatment in the treated area. Your skin may appear red and bumpy for several hours directly after treatment and may persist for 24 hours. A “goose bump” like texture may even be experienced on the skin for approximately 1-2 hours, persisting for up to a couple of days in some patients. Cool compresses may help to minimize these sensations. If blistering is experienced, call our office.
- You may shower and/or wash your face with a mild cleanser directly after treatment, but do not rub the skin with a cloth. Pat the area dry gently. You may apply make-up approximately 12 hours after treatment, sooner if there is no skin sensitivity. If you are using an anti-aging skin regimen, you may need to replace this with a mild moisturizer for approximately 1 week if the skin is sensitive. Recommendations for a moisturizer are available upon request.
- After approximately 3-5 days, the “shedding process” will begin, and may last several weeks, depending on the treated area. You will notice small hairs pushing their way out of the skin. This is not new hair growth but is the remainder of the hair that did not vaporize during treatment. You may gently exfoliate to speed this process.
- Since laser reduction treatments are done in a series, sun protection is important between treatments. A sunscreen of SPF 30 should be used when skin is exposed to the sun, and this should be done 4-6 weeks prior to each treatment and 2 weeks after each treatment, if possible. Tanning salons should also be avoided during these periods as well.

**Contact our office if you have any questions or concerns regarding your treatment.**

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