Calm Laser Center
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Aftercare

How to look after your skin after laser hair removal – please keep this sheet.

What is normal

- Redness, warmth and slight swelling – like a mild sunburn
- Small bumps around the hair follicles
- Itching, tenderness, or skin that feels rough or dry
- These usually fade within a few hours to a few days
- Treated hairs fall out over 1–3 weeks. This can look like new growth – it is not.

First 24–48 hours

- Cool the area with a cold compress (wrapped, never ice directly on the skin)
- Apply a gentle, fragrance-free moisturizer or pure aloe vera
- No hot showers, baths, saunas, steam rooms or hot tubs
- No swimming pools (chlorine) and no intense workouts or sweating
- No deodorant, perfume or makeup on the treated area
- Wear loose, soft clothing over the area

First week

- Do not pick, scratch or rub the skin
- No scrubs, exfoliants, peels or retinol/retinoid products
- Gentle exfoliation is fine after about 7 days and helps shed the hairs
- Keep the skin moisturized

Until your next session

- **Sun protection:** SPF 30+ every day on exposed areas
- No tanning, tanning beds or self-tanner
- **Shaving is fine** – but no waxing, plucking, threading or epilating
- Tell us about new medications, a pregnancy or a tan before your next visit

NEXT SESSION (IN 4–6 WEEKS) _____ DATE _____ TIME _____

Book online at **calmlasercenter.com** · Please cancel or reschedule at least 24 hours in advance.