

Jeri Shuster, M.D., P.A.
and Women's Center, Inc.

Jeri Shuster, M.D., Fellow of the American College Obstetricians and Gynecologists
Kathryn Cervi, C.R.N.P., Women's Health Care Nurse Practitioner

The staff of Jeri Shuster's office would like to make your appointment day pleasant and comfortable for you. The best results may be obtained if the following instructions are followed.

Laser Hair Reduction Post-Treatment Instructions

Some hair in the area will be eliminated at your treatment. The remaining hair will exfoliate or push out in the next few days to three weeks. Slight tenderness, swelling, and/or redness may be present in the area treated for up to 72 hours following treatment.

You may shave 3 days after your treatment. Do not tweeze, wax, bleach, or use depilatories between treatments.

The area(s) being treated cannot be exposed to UV rays. A broad spectrum (UVA/UVB) SPF 30+ and protective covering should be used daily. Make sure to avoid direct UV exposure, even with sunscreen, for at least 7 days post treatment. ***Remember you are exposed to UV rays from morning to night, rain, snow, or shine, and even while driving in your car!*** Please reapply sunscreen every 1-2 when outdoors, especially on the face.

Do not scratch or rub the treated area. Hydrocortisone 1% can be used on any treated areas that have pruritis (itchiness). Moisturizers or aloe vera may be helpful as well.

Wash with a gentle cleanser and cool or lukewarm water. Avoid heated whirlpools, saunas, steam rooms, sports, and strenuous exercise for 24 hours minimum following treatment.

Avoid retinols and all other irritants for at least 3 days in the treated area(s).

If the skin is broken or a blister appears, apply an antibiotic ointment such as Bacitracin 2-3 times a day and notify the office immediately. Do not pop or pick at the blister.

Makeup or deodorant may be applied after treatment as soon as the skin returns to its pre-treatment condition with no erythema (redness), swelling, irritation, inflammation, or broken skin. Mineral makeup is recommended post-treatment.

