

LASER HAIR REMOVAL

Post-Care Instructions

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Medical Village

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Sun Protection

Avoid direct sun exposure to the treated area for at least 1 week. Apply sunscreen with SPF 30 or higher if sun exposure is unavoidable.

Skin Care

Keep the treated area clean and dry. Avoid using harsh soaps and lotions. Avoid hot baths, saunas, and swimming pools for two to three days.

Avoid Irritants

Avoid using abrasive scrubs, exfoliants, or skincare with active ingredients such as vitamin C, retinol, and niacinamide. And refrain from eating spicy food for at least one week.

Clothing

Wear loose clothing to prevent friction and irritation on the treated area.

Cooling and Soothing

You can apply a cold compress or aloe vera gel to soothe any discomfort or redness in the treated area.

Make Up

If the treatment was performed on the face, avoid wearing makeup for at least 24 hours to prevent skin irritation.

Hair Removal Methods

Avoid plucking, waxing, or using depilatory creams in-between sessions. Instead, shaving is recommended as it doesn't remove the hair follicle.

Skin Reaction

Some skin reaction like irritation, redness, swelling, and itchiness is normal. If experiencing any, do not scratch, pick, or rub the treated area, and contact us if concerned.

Avoid Tanning

No natural and artificial tanning for one week.

Stay Hydrated

Drinking plenty of water can help hydrate your skin and aid in the healing process.

Heavy Sweating

Avoid heavy exercises for at least 24 hours.