

Post-Treatment Instructions

Immediately After Treatment:

- You may experience **redness** (erythema) and **swelling** (edema) around hair follicles. This is normal and may last from a few hours to a few days.
- The treated area may feel like a **mild sunburn**. Use **Vensa Healing Cream** or **cooling packs** (available at our clinic) to soothe the skin.

Skin Care:

- You may apply makeup if the skin is **not irritated**.
- Avoid **sun exposure** and always use **SPF 30+** to prevent hyperpigmentation.
- Do **not pick or scratch** the area. Avoid **loofahs, abrasive scrubs**, or exfoliating washes for at least **5 days**.
- If scabbing occurs, apply **Vensa Healing Cream twice daily** to keep the skin moisturized.

Hair Shedding:

- Between **5–14 days** after treatment, treated hair will shed. This can look like new growth—**this is normal**. Exfoliate all treatment areas to help with the shedding process. Be firm but safe.

Underarm Care:

- After underarm treatments, consider using **powder instead of deodorant** for **48 hours** to reduce irritation.

Activity Restrictions:

- Avoid **hot tubs, saunas, steam rooms**, and **intense exercise** for **3 days**.
- You may bathe normally, but use **cool water** and avoid irritating or exfoliating products.

Follow-Up & Contact Information

- Book your **next session** within **4–8 weeks** to stay on schedule.
- **Hair regrowth** varies by body area and typically does not appear for **at least 3 weeks** after treatment.
- If you notice **blistering, signs of infection**, or have concerns, contact us immediately at **(647) 919-4913**.