



Alexander Doan M.D.
743 S. Winchester Blvd., Ste. 110
San Jose, CA 95128

POST CARE for Laser Hair Removal

- Wash treated area gently with a mild cleanser such as Cetaphil. If the treated area is irritated, do not rub with a towel – rather pat dry.
- Apply Aquaphor ointment (or similar) to the area for re-hydration. If crusting develops, it should be allowed to fall off (aka slough off) naturally. Do not pick or scratch crust.
- Resume normal skin care regimen (i.e. make-up, moisturizers, deodorant and shaving) the day after treatment **if there is no blistering or crusting.**
- Use skin care products that are free from alcohol, dye and perfumes for one week post-treatment.
- If there is any break or blistering of the skin, an antibiotic ointment should be used, such as Bacitracin ointment.
- If there are any signs of infection such as redness, tenderness, or pus, please contact the office.

PLEASE AVOID

- Avoid skin care products that have alcohol, dyes and perfumes for one week post-treatment.
- Do not shave the treated area for 1 - 3 days following treatment if crusting or blistering occurs.
- Sun exposure should be avoided throughout the course of treatment. A broad spectrum sunscreen with an SPF 40 or greater should be applied whenever the area is exposed to the sun. Our clinic carries Elta Sunblock-please talk to our technician
- Do not rub, scratch or pick at the treated area while red discoloration present.
- Activities such as swimming and use of hot tubs should be avoided for the first 3 - 4 days or until any redness, crusting or blisters have resolved.
- Avoid rubbing or pressure caused by clothing on the treated area.

TREATMENT RESULTS/EXPECTATIONS & FOLLOW-UP

- Multiple treatments are required for laser hair removal, since only hair follicles in an active growing phase are affected – estimated to be about one-third at any one time – while the remaining two-thirds of follicles are unaffected. In addition, the body naturally grows/sprouts new hair. Typically patients should expect at least several treatments initially, followed by spot treatments as needed.

If you have any concerns or questions, please contact us at (408) 985-2900.