

GentleLase Laser Hair Removal Aftercare Instructions

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Thank you for choosing GentleLase, a laser hair removal treatment designed to safely and effectively reduce unwanted hair using advanced laser technology. Proper aftercare is essential to ensure optimal results, support healing, and minimise complications.

IMMEDIATELY AFTER TREATMENT

Normal Reactions: Mild redness, swelling, or warmth in the treated area is normal and usually resolves within a few hours. Temporary tingling or sensitivity may occur. Slight follicular swelling (bumps) may appear and resolve naturally.

Avoid Touching: Do not rub, scratch, or massage the treated area. Keep hands clean and avoid direct contact with the skin.

FIRST 24–48 HOURS

Skin Care: Apply a gentle, fragrance-free moisturiser to soothe the treated area. Avoid scrubs, chemical peels, or harsh products.

Sun Protection: Avoid direct sun exposure. Apply broad-spectrum sunscreen SPF 30 or higher if outdoors.

Activity: Avoid hot baths, saunas, or excessive sweating in the treated area.

FIRST WEEK

Observation: Mild redness, swelling, or tenderness may persist for 1–2 days. Temporary bumps or follicle irritation may occur.

Shaving: You may shave the treated area if needed, but avoid waxing, plucking, or threading until the next session.

Lifestyle & Care: Maintain hydration and gentle skin care routines. Avoid aggressive skin treatments on the treated area.

FIRST MONTH

Results: Hair shedding may occur gradually over 1–3 weeks. Multiple sessions are typically required for optimal hair reduction.

Continued Care: Protect the treated area from sun exposure. Maintain gentle skincare and moisturisation. Attend all scheduled treatment sessions for best results.

WHEN TO CONTACT US

Contact your provider immediately if you experience: Severe or persistent redness, swelling, or pain. Signs of infection such as pus, warmth, or fever. Blistering, scabbing, or unusual skin reactions.

LONG-TERM CARE

Maintain sun protection and gentle skincare routines. Avoid waxing, plucking, or other hair removal methods between sessions. Attend follow-up appointments for monitoring and additional treatments as recommended.

It is essential that you have read all of the information available. Please let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided below.

PATIENT CONFIRMATION *

☐ I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.