

How to Care for your Skin after Laser Hair Removal Procedure

This article blog post has critical information to help you **take care of your delicate skin after undergoing laser hair removal.**

This is a medical procedure, which requires the use of a concentrated beam of light to remove unwanted hair. During the process, a laser will be passed over the hair and absorbed by melanin within the hair. This light energy will be converted to heat and damage the source of the hairs. With the sacs damaged, you can have more time hairless until they heal and release the hair yet again.

Although there is a long delay for further growth, it is not a permanent solution to hair growth. You will need multiple procedures to find a total solution for the hair. It is most effective with people who have dark hair on light skin.

Why you need the procedure?

The main reason is to [eliminate and reduce unwanted hair](#). It is commonly done on legs, upper lip, chin, bikini and most importantly; the armpits. Although these are the most common places, it is

done on any area v of the skin except the delicate regions such as the eyelid or area around it.

What are the results?

Do not expect the hairs to fall off immediately. For the next few days or weeks, they will get a week and fall away. Although it may seem like its continued growth, it is actually on a decline. With repeated procedures, natural hair loss will occur in a cycle.

The laser procedure is, therefore, designed for dealing with the hair follicles in the new growth stage. The results may vary widely across the spectrum. Many people will experience an average of a few months or years before they can see more hairs. Beware that this procedure does not guarantee [permanent removal of hair](#). For long-term results, you will need frequent treatments.

How to Care for the Skin after the procedure

This procedure is becoming more popular, as it spreads across the planet. If you are among those who are tired of other forms of treatment such as tweezing, shaving or waxing, you may try laser hair removal. Many people are turning to it as well and have found a better solution for stubborn hair

growth. The critical part is caring for the delicate skin after the procedure. You need to protect the skin and choose the right products. Following the instruction will allow you to ensure the treated area is healed completely. Here are some things to consider.

Treating the Initial Discomfort

Minor discomfort after the procedure is normal. You may feel a sensation like a mild sunburn. You are likely to notice redness or swelling because of the heat. Focus on the treated area and use ice or cold packs to numb the area. Put them in the freezer before your appointment so they can be ready when you arrive from the treatment.

All you need to do is wrap the ice cubes in a towel before using it. direct application to the pack will only result in more irritation. You should keep the ice on the area for up to 10 minutes at least 3 times daily for full effect. The discomfort will soon be gone and you will not be suffering the discomfort. Be careful not to keep the cold ice on your skin for too long. Instead, you should take one-hour breaks. You do not want to restrict blood flow to the area, as this will only slow down the healing process.

You may also use Aloe Vera to help soothe the swelling. [Some studies have proven that aloe Vera helps eliminate the discomfort effectively](#). It is available at an affordable price too in many drug stores. Keep it refrigerated as well. Apply it directly to the delicate air. You should wait for some time for it gets absorbed into the skin.

When you notice the drying phase, simply use a damp washcloth to wipe off the excess aloe Vera. Depending on your preference of activity, you may choose to leave some of it on your skin. You should repeat this between 2 and 3 times a day.

Purchase over-the-counter painkillers especially if the ice packs do not work. This should be the last option if both initial solutions do not [eliminate the pain completely](#). You may use OTC drugs but under the direction of practitioners.

It is recommended to only use these OTC painkillers a day after the procedure. If you experience intense pain, consult a doctor. Avoid aspirin because it affects blood flow by thinning it. This means you risk delaying your healing time.

How to protect the skin after the procedure?

- First, keep away from sunlight, as it will only irritate the area more. The direct way to preserve the area safe from harmful UV light. Whenever you are outside, it is important to keep the area covered. For example, if you have the treatment on the face, use a hat.
- Other forms of excessive light such as tanning booths may be too harsh for the delicate skin. You can only go to such fun places when you get healed from the swelling and redness
- You need at least two weeks away from harmful exposure. If you have sensitive skin, you may need up to 6 weeks.
- Use sunscreen often to block the sun if you have to go outside. If you have sweaty skin, the more SPF more.
- Avoid heat sources as much as you can as well. The heat will only irritate the already exposed follicles. This means staying away from hot water, steam rooms, and saunas are not places you should go for at least 2 days after the treatment.

Post-treatment products to use

- Mild cleanser is one of the most important products to purchase, as it will help you keep the area clean.

- If you have sensitive skin, you may need a critical moisturizer to keep the skin nourished and protected.
- Avoid harsh skin products for makeup if you had [face treatment](#).
Stay away from anti-acne creams as well.

Original article found at

<https://www.bareskin.co.za/blogs/news/how-to-care-for-your-skin-after-laser-hair-removal-procedure>