



مركز كايلا للتجميل الطبي
Kayla Medical & Aesthetic Centre

LASER HAIR REMOVAL AFTER CARE INSTRUCTIONS

Kayla Medical Center

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Why After Care Is Important

Proper after-care following laser hair removal supports healing, reduces side effects, and ensures optimal treatment results.

First 24 Hours – Important Instructions

- Do not touch, rub, or scratch the treated area.
- Avoid hot showers, sauna, steam, or intense exercise.
- Do not apply makeup, deodorant, perfumes, or active skincare products.
- Mild redness or warmth is normal and temporary.

What to Avoid for 48–72 Hours

- No sun exposure or tanning.
- No waxing, threading, or plucking hair.
- Avoid swimming, sauna, or steam rooms.
- Avoid scrubs, exfoliation, or chemical products.

Skin Care Instructions

- Apply soothing gel or cream as advised.
- Use sunscreen SPF 30+ on exposed areas.
- Keep the treated area clean and dry.

Normal Side Effects

- Mild redness or swelling
- Temporary skin sensitivity
- Hair shedding within 1–2 weeks is normal

Follow-Up

Multiple sessions are required for best results. Please attend all scheduled appointments.

Patient Signature: _____

Date: _____



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