

### AFTER CARE INSTRUCTIONS

#### FIRST DAY AFTER TREATMENT

- You may apply 1% hydrocortisone or aloe vera gel if you experience skin irritation.
- If the treatment was performed on the face, we recommend not wearing makeup during the first day, as it may cause a reaction.
- If the treatment was performed on another area of the body, avoid using scented creams or deodorants.
- Do not exercise during the first day and avoid sun exposure, as it may cause skin discoloration.
- Do not use any other hair removal methods, such as depilatory creams, waxing, or threading.
- You may remove any hair that grows after the treatment using a single-blade razor while waiting for your next appointment.

#### DURING THE FIRST THREE DAYS AFTER TREATMENT

- Avoid saunas, steam rooms, pools, and hot tubs.
- After 48 hours, you may resume using your regular creams and deodorant.

#### THROUGHOUT THE MONTH

- We recommend exfoliating your skin regularly to help remove hair.
- Apply moisturizer twice a day throughout the month to help the hair shed more easily.

#### DURING THE TREATMENT PERIOD

- Avoid sun exposure and the use of tanning creams or tanning beds, as this may reduce the effectiveness of the treatment and cause skin discoloration.
- In some cases, it is normal for your skin to develop small bumps after treatment; this indicates the hair removal process is working.
- If you experience significant itching, please contact the clinic for evaluation.
- If pregnancy is suspected, notify the clinic immediately to pause the treatment and resume it when advised by your specialist.

**CALL US IF YOU HAVE ANY QUESTIONS OR CONCERNS.**