



HEARTLAND AESTHETICA
C U R A T E D B E A U T Y

10111 E. 21st St. Suite 305
Wichita, KS 67206
316-777-6393

Laser Hair Post-Treatment:



Things to Avoid

- Avoid direct sun exposure or tanning beds for three days post procedure.
- Avoid saunas, hot tubs, pools, lakes, or exercise for 24 hours.
- Avoid scrubs, deodorant if armpits treated, medicated washes or retinoids for three days.



Tips and Recommendations

- If you have swelling, you may apply a cool compress for 15 minutes, once every hour.
- You may use antihistamines such as Claritin or Zyrtec for itching.
- For bumps you may apply a thin layer of Vaseline.
- DO NOT pick or scratch bumps or scabs.



When to call the office

- Please contact the office immediately at 316-777-6393 if you have concerns.