



Laser Hair Removal Pre & Post-Treatment Instructions

We are looking forward to seeing you for your upcoming visit at Coachlight! Our highly-trained team is looking forward to providing you with an exceptional treatment experience. In order to help you maximize your treatment results and minimize any potential unwanted side effects, we are including a list of treatment instructions to follow for before and after your treatment. Please contact our staff if you have any questions or concerns.

PRE TREATMENT INSTRUCTIONS

- Tanning should be avoided for 2 weeks prior to treatment. Self-tanning creams and sprays need to completely fade. An SPF of 30+ should be applied generously 20 minutes prior to sun exposure.
- Speak with your provider if you are using medicated creams (i.e. glycolic, tretinoin, retinol, some antibiotics) that make you photosensitive. Some medications should be stopped 1 week prior to treatment.
- No peels or strong skin care treatments in laser hair removal areas for 1-2 weeks before and after laser treatments.
- No waxing, tweezing, bleaching or threading. Lasers target the pigment melanin in the hair beneath the surface of the skin. Do not wax, tweeze, bleach, thread or use depilatory agents before, during or after your treatment. Shaving is the only recommended hair removal method when performing laser hair removal.
- Do not use lotion, cream, make-up or deodorant on areas to be treated. Come to your appointment with clean skin free of any topical products. Any products applied to the skin can obstruct or refract laser light negatively and decrease effectiveness of the treatment.

POST TREATMENT INSTRUCTIONS

Immediately after treatment there may be mild redness and swelling at the treatment site, which could last up to 2 hours or longer. Redness can last up to 2-3 days. The treated area may feel like a sunburn. Anywhere from 5-20 days after the treatment, shedding of the surface hair may occur and will appear as new hair growth. This is not new hair growth.

- Cooling with ice. Apply ice in 15-20 minute intervals for the first few hours after treatment to reduce any discomfort or swelling. If redness or swelling persists, ice can be used in 15- minute intervals 3-4 times a day for 3 days.
- Make-up. Makeup may be used immediately after the treatment unless there is blistering.
- Avoid sun exposure. SPF of 30 or higher must be applied when in sunlight.

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- Do not pick or scratch at treated areas. Do not use any other hair removal products or services (waxing, electrolysis or tweezing) that will disturb the hair follicles.

Gentle washing. Wash the treated area with cool or lukewarm water and pat dry for 3 days after treatment. Do not scrub and avoid very hot water for the first day.