

**Prior to Treatment**

1. Avoid the sun/tanning for 4-6 weeks before Lumenis LightSheer Duet treatments. We will not treat sun tanned facial skin for your safety. If using tanning beds please wear bottoms if treating bikini/brazilian area. Avoid using self-tanning products for 2-4 weeks prior to treatment. Please exfoliate 1-2 days prior.
2. Please advise the technician if you are on any medications oral or topical or are pregnant. Medications such as Accutane, antibiotics, hormonal replacement therapy may affect skin sensitivity.
3. Please come to appointment with a **clean make-up free face** if treating facial areas.
4. You **MUST** avoid plucking, waxing, threading, depilatory or electrolysis in the areas you wish to have treated for 2 to 4 weeks prior to laser hair removal.
5. **Please wait at least 2 weeks** after Botox or Fillers if treating in that area.
6. If you have a current infection in the area to be treated, you must let technician know prior to appt.
7. If you have any tattoos or piercings in the area to be treated, please let us know beforehand.
8. You **MUST** shave the area to be treated **no more** than 1-2 days prior to your appointment; any hairs not even with your skin cannot be treated as risk of burns may occur. The closer the shave the better. We do not provide shaving services as you must do this prior to your appointment and a \$50 rescheduling fee will be added to treatment.
9. Clients with Livedo Reticularis (Purple mottling) cannot have hair removal on their extremities. It can potentially make the mottling more pronounced.
10. Most clients find our laser very tolerable and do not need any numbing cream. Please book a free consultation prior to appointment if you are concerned or want to pre purchase numbing cream.

**After Treatment**

1. While most clients have little to no irritation, immediately after treatment, there may be erythema (redness), pimples and edema (swelling) at the treatment site which may last 2 hours to a week. The erythema may last up to 2-4 days. The treated area can feel like a sunburn for several hours after, up to the next day sometimes. The application of ice or cold cloth during the first few hours after treatment will reduce discomfort and swelling that may be experienced but we recommend only aloe-vera gel or cortisone cream after treatment. Rarely, minor epidermal blistering may occur in which case triple antibiotic cream may be applied. If red itchy bumps appear an over-the-counter allergy pill may be used, and this is typically seen when treating lower legs and is a normal histamine response. No hot bath or sauna until bumps are resolved.
2. Avoid sun exposure to reduce the chance of hyperpigmentation or darker pigmentation for minimum of 1 month after treatment. Use sunscreen (SPF 30 or greater) always throughout the course of treatment.

3. Avoid picking or scratching of the treated skin. Some clients skin may feel itchy for a few days post laser. Do not use any other hair removal treatment products or similar treatments (waxing, electrolysis, tweezing or bleaching) that will disturb the hair follicle on the treatment area during treatment cycle. Shaving may be performed as often as you prefer but ideally wait 5-7 days or until skin feels comfortable shaving.
4. Marks that appear to look like “cat scratches” may appear after treatment, but last only a few days and do not leave any hyper or hypopigmentation. (HS vacuum handpiece only)
5. As with all laser hair removal types and procedures, some re-growth of hair may occur after treatment sessions are completed. Initial maintenance schedule for the body is typically 3 months, 6 months, 8 months then 12 months depending on area treated then we recommend annual maintenance. Results will vary depending on your hair growth and structure, hormones, genetics, medications.
6. Book an appointment within **3-4 weeks** for the facial areas treated and **5-6 weeks** for the body. Hair re-growth occurs at different rates on different areas of the body. New hair growth will not occur for at least 3 weeks after treatment. You will see best results if you maintain your treatment schedule.
7. **It generally takes 10-21 days after the procedure for the treated hair to fall out.** Shedding of the surface hair may occur and this appears as new hair growth. This is **NOT** new hair growth.
8. **On average 6-8 treatments** are a solid foundation for the body depending on your hair type, growth, and reduction preferences and area we are treating. Facial laser treatments will be discussed during your consultation. No guarantee is made as many factors may affect results such as hormonal issues, PCOS, skin type and sun exposure. Technician will discuss your options and action plan.
9. After the axilla’s (underarms) are treated do not use deodorant for 24 hours after the treatment to reduce skin irritation.
10. There are no restrictions on bathing except to treat the skin gently, as if you had a sunburn, for the first 24-48 hours. Avoid hot tubs, saunas, swimming pools, heated seats for 24-48hrs.
11. Avoid irritants (glycolic, retinoids, facials, microdermabrasion, body scrubs.) for 7 days prior and 7 days after treatment.
12. **Clients with ingrown hairs prior to treatment:** after 72hrs gently exfoliate the skin and every few days after. No harsh scrubs (salt, sugar, pumice) or alcohol-based products. Products that may be helpful are tea tree oil, azulene oil, aloe vera, glycolic acid, antibacterial hand or bodywash is a great tool to reduce bumps or odor.
13. Apply sunscreen over the treated area and continue sun safety for the duration of your treatments.
14. Laser hair removal **may not be done over tattoos.** (Fading, burns and complications may arise)
15. We want to make your treatments as affordable as possible! **50% off Brazilian/Bikini area only** after 8 treatments.
16. **Cancellation policy-** Minimum 24hr cancellation required. Cancellations done less than 24hrs may be subject to a \$50 cancellation fee and/or prepayment will be required prior to booking subsequent treatments.

## Shattered Images Hair Removal

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