**Pre-Treatment and Post-Treatment Instructions**

**Laser Hair Removal- MALE CLIENTS**



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# Prior to Treatment

1. Avoid the sun/tanning for 4-6 weeks before Lumenis LightSheer Duet treatments. Treatment in requested area will not be done if active suntan in area as this will cause pigmentation changes, potential blisters and burns.
2. You **MUST** avoid plucking, waxing, use a depilatory or undergo electrolysis in the areas you wish to have treated for 4 to 6 weeks prior to laser hair removal.
3. Avoid using self-tanning products for 2 weeks prior and after treatment. Please exfoliate 1-2 days prior.
4. You **MUST** shave the area to be treated 1-2 days prior to your appointment; any hairs not even with your skin cannot be treated as risk of burns may occur. **We do not provide shaving services** as you must do this prior to your appointment. If you require shaving services a $50 fee will be added to treatment as this requires extra sanitization and clean-up procedures.
5. Clients with Livedo Reticularis (Purple mottling) cannot have hair removal on their extremities. It can potentially make the mottling more pronounced.
6. The following areas are available for male clients: full back, neck, arms, legs, chest, stomach, buttocks and underarms. **No** genital area, heads, facial treatment. Clients will be expected to wear undergarments/athletic shorts for legs and draping for buttock area will be provided. Facial laser treatments provided for MTF transitioning clients.

# After Treatment

1. While most clients have little to no irritation, immediately after treatment, there may be erythema (redness), pimples, itchiness and edema (swelling) at the treatment site which may last 2 hours to several days. 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, Azulene oil or cortisone cream after treatment. Rarely, minor epidermal blistering may occur in which case triple antibiotic cream may be applied.

1. 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.
2. 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.
3. 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)
4. As with all laser hair removal types and procedures, some re-growth of hair may occur after treatment sessions are competed. Maintenance may be yearly or longer depending on your hair. No guarantee can be given for male clients for number of treatments needed.
5. Book an appointment at the first sign of the return of hair growth. This can mean within 3-4 weeks for the upper body treated and 5-6 weeks for the lower 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.
6. **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. On average 6-8 treatments will be needed depending on your hair type and reduction preference.
7. After the axilla’s (underarms) are treated do not use deodorant for 24 hours after the treatment to reduce skin irritation.
8. 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 or swimming pools for 24-48hrs.
9. **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. Keep skin clean and wear loose cotton shirt if back/chest was treated. Skin may be itchy which is normal**.
10. Apply sunscreen over the treated area and continue sun safety for the duration of your treatments.
11. Laser hair removal **may not be done over tattoos.** (Fading, burns and complications may arise)
12. It is always best to pre-book your appointment in person or online booking available through our Facebook page. (Shattered Images Hair Removal)
13. **Cancelation policy**- Minimum 24hr cancellation required. Cancelations done less than 24hrs may be subject to a $50 cancelation fee and/or prepayment will be required prior to booking subsequent treatments.

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