

LIGHT *Sheer*[™] **Laser Hair Removal**

Pre-treatment and Post-treatment Patient Instructions

Touch of Class Medspa & Laser Center | (818) 502-3636 | Fax: (818) 245-8436 | (877) 770-5545

Treatment Start Date: _____

Prior to Treatment

1. Avoid the sun/tanning for 4-6 weeks before and after Lumenis LightSheer Duet treatments.
2. You **MUST** avoid plucking, waxing, use a depilatory or undergo electrolysis in the areas you wish to have treated for 6 weeks prior to laser hair removal.
3. If you have had a history of perioral herpes, prophylactic antiviral therapy may be started the day before treatment and continued one week after treatment.
4. Avoid using self-tanning products for 2 weeks prior to treatment.
5. 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. We will gladly help shave the treatment area if requested (additional fees apply).

Intra-Treatment

1. The skin is cleansed and shaved or left with one day of new growth. The use of topical anesthetic Lidocaine is optional for discomfort.
2. Safety considerations are important during laser procedure. Protective eyewear will be worn by the client and all personnel during the procedure.

After Treatment

1. Immediately after treatment, there should be erythema (redness) 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 during the first few hours after treatment will reduce discomfort and swelling that may be experienced but we recommend only aloe vera gel after treatment. Rarely, minor epidermal blistering may occur in which case triple antibiotic cream may be applied. If this should happen, please contact our office immediately and our nurse will give you further instructions.
2. Makeup may be used immediately after treatment unless there is epidermal blistering. It is recommended to use **ONLY NEW** makeup to reduce the possibilities of infection.
3. Avoid sun exposure to reduce the chance of hyperpigmentations or darker pigmentation for 1-2 months after treatment. Use sunscreen (SPF 30 or greater) at all times throughout the course of treatment.
4. Avoid picking or scratching of the treated skin. 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 for 4-6 weeks after the treatment is performed. Shaving may be performed.

5. Call our office with any questions or concerns you may have after the treatment. Return to our office or call for an appointment at the first sign of the return of hair growth. This can mean within 4-6 weeks for the upper body treated and possibly as long as 5-8 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. Anywhere from 7-30 days after treatment, shedding of the surface hair may occur and this appears as new hair growth. This is **NOT** new hair growth. You can clean and remove the hair by washing or wiping the area with a wet cloth or loofa sponge.
7. After the axillas (underarms) are treated use a powder instead of 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 hours.
9. Gently clean area twice daily.
10. Avoid irritants (glycolics, retinoids etc.) for seven days after treatment.
11. Apply sunscreen for 6 weeks over the treated area.