

LASER HAIR REMOVAL TREATMENT

Our brand new LightSheer Quattro provides safe and effective long-term hair removal with unprecedented pain reduction and no need for messy gel. Large areas can be covered quickly, and treatments can be customized for your hair and skin type.

WHAT TO EXPECT

- A slight feeling of sunburn or “razorburn,” which last for several hours after your treatment.
- Your skin may feel bumpy, swollen, or irritated for a few days after treatment. This will go away on its own, but, if you like, you can take an oral antihistamine like Claritin, Allegra or Zyrtec in the daytime and Benadryl at night.
- You might develop a fine crust over the treated areas, which may last for 2 to 5 days after your treatment. Keep the area clean and moisturized.
- Shaving is the only hair removal method you can use during your treatment series.
- Less common side effects include, but are not limited to: *hyperpigmentation (darkening of skin), hypopigmentation (loss of skin pigmentation), mild to moderate burns or blisters, permanent skin discoloration, temporary redness, follicular edema (pink/red puffiness, small “goosebumps”), paradoxical hair growth or stimulation in the treated area, swelling and itching in the treated area, infection, leukotrichia or a temporary or permanent gray hair in the treated area, hives, rashes, bruising, and lack of desired results.*

BEFORE YOUR TREATMENT

- **3 WEEKS OUT:** No direct sun exposure, and wear SPF 30-50 sunscreen daily.
- **2 WEEKS OUT:** Stop waxing, tweezing, and/or using depilatory creams on the treatment areas.
- **1 WEEK OUT:** Stop using Retin-A, all other retinoid/anti-aging products, and sunless tanning products. You will also need to be off of photosensitizing medications, including antibiotics, for a full 7 days before your treatment.
- **1-2 DAYS BEFORE:** Shave the treatment area with a new razor. If you have a history of cold sores near the area to be treated, start your prescription antiviral medication 1 day prior to your appointment and continue for 5 days.
- **TREATMENT DAY:** Arrive with fresh, clean skin.

AFTER YOUR TREATMENT

- Gently wash with a mild cleanser twice a day. If desired, follow with a light application of a gentle moisturizer.
- Do not rub, scrub, or use an exfoliant soap or skin care brush (e.g. Clarisonic) for 3 days after your treatment.
- You may notice some hairs working up and out of the follicles, this is called “shedding” and can take 1-2 weeks to complete. 3 days after your treatment, you can gently exfoliate the area with a loofah to speed up this process.
- Continue to avoid the sun and wear SPF 30-50 sunscreen every day.

WHAT TO AVOID

- For 24 hours, avoid anything that will cause heat, friction, or excessive sweating, like strenuous exercise, tight clothing, saunas, heating pads, etc. Avoid chlorinated pools and/or hot tubs for 24 hours.
- Do not use Retin-A, chemical exfoliants, glycolic acid, salicylic acid, or any other anti-aging products on the treated area for 5 days after each treatment.
- Do not expose your skin to direct sunlight for 2 weeks after each treatment.
- Do not wax, tweeze, or use depilatory creams for 2 weeks after your final treatment.