

## **HAIR REMOVAL LASER INFORMATION**

- The LightSheer Laser is used for the removal of unwanted hair. The laser emits an energy that passes through the skin and into the hair follicle, without damaging the surrounding skin.
- Multiple treatments are required for 80-90% hair reduction. Individual response will vary according to your skin type, hair color, degree of tanning, follow-up care, and the body area being treated. The treatments are scheduled approximately 4-8 weeks apart, also depending on the area being treated.
- This laser is only for use on dark hair. Unfortunately, the laser light will not affect blonde, gray, or light red hair.
- A topical anesthetic cream is available (for smaller areas only) and may be applied 30 minutes prior to your treatment to reduce any discomfort. **It is important to inform us if you are allergic/sensitive to Lidocaine/Novocain.** The use of anesthetic cream is not recommended for breastfeeding women.
- Immediately after treatment there may be redness and/or swelling at the treatment site which may last for several hours or longer, up to 2-3 days. The treated area may feel like a sunburn for a few hours after treatment.
- The LightSheer Laser is not performed on pregnant women or those attempting to become pregnant. It also is not used directly over an area with an implanted device.

**Please see the Pre-Treatment Instructions on the following page. For a safe and effective treatment, it is important that you follow these instructions carefully.**

## **PRE-TREATMENT INSTRUCTIONS**

- **Tanning *should* be avoided** 4 weeks before and after treatment for best results. We recommend that you use sunscreen with an SPF of 30 or above to be applied 2 or more times a day as needed.
- **Self-tanning products *must* be avoided** 2 weeks prior to treatment.
- **WE ARE UNABLE TO TREAT UNSHAVEN AREAS.** The area *must* be **shaved** 1 day prior to the treatment. Do not use any form of epilation (including waxing, tweezing, electrolysis, epilady, or depilatory creams) for 6 weeks prior to treatment. Shaving is OK throughout the treatments.
- **Avoid applying any lotions, deodorant, and/or powder** to the areas to be treated on the day of your appointment.
- **If you are currently taking any medications**, please notify one of our Registered Nurses. Any medication that causes light sensitivity (certain diuretics, antibiotics, anti-hypertensives, etc...) or thinning of the blood (i.e. Coumadin, Aspirin, Ibuprofen, etc...) **may increase your risk of side effects and be contraindicated in combination with a light/laser procedure.** It is important that you tell your Registered Nurse if you are currently taking one of these medications and/or supplements prior to the day of treatment. Advanced notice can help us deliver the best possible outcome. In addition, we recommend that you abstain from drinking alcohol for 24-48 hours prior to and following your treatment.
- **If you apply any topical medications or products** that contain Glycolic Acid, Retin-A, Vitamin C, or Bleaching Cream please **refrain from using them starting 3-4 days prior to your treatment.** You may resume usage 3 days following your appointment. Also avoid using abrasive scrubs or exfoliants 3 days before and after treatment.

**Please call our “Laser Center Treatment Information Line” with any further questions or concerns. One of our qualified staff members will be happy to speak with you.**

***Treatment Information and Scheduling Appointments  
Line (310) 274-9954 Ext. 227***