



### LUMENIS Light Sheer Duet Laser Hair Removal

Laser hair removal is the process of removing unwanted hair from virtually any part of your body for both males and females. This treatment provides permanent hair reduction, because it offers long-term stable reduction in the number of hairs re-growing after a treatment regimen.

#### **Before Treatment:**

**Shave** the treatment area on **the day of your scheduled appointment.**

#### **2 Weeks Prior** to Treatment

**Discontinue** any Aspirin, anti-inflammatory medication, St. John's Wart, Retin-A

#### **6 weeks prior** to and in between treatment sessions

**Avoid sun exposure** – including self-tanners, artificial tanning and sun tanning

**Do not use** any depilatories or other **hair removal treatments** such as tweezing, plucking, threading, waxing or electrolysis. You may shave the area as often as needed.

#### **Please inform us if you:**

- Have a history of recurrent herpes simplex or connective tissue disorder such as Systemic lupus erythematosus or porphyria, immune deficiency (HIV), keloid scarring or bleeding disorders
- Take any medications which might cause light sensitivity such as isotretinoin or tetracyclines
- Photosensitivity Disorder
- Prior problems with laser therapy of any kind
- Active infections, cold sores, open lacerations or abrasions in the treatment site
- Pregnant or trying to become pregnant

#### **After Treatment:**

- Be gentle with the treated skin for the next few days – **do not rub the skin**



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-Luke-warm to cool showers are recommended. If areas are treated other than the facial area, hot baths are not advised for 24 hours.

-If the skin is broken or a blister appears, apply an antibiotic ointment and please contact us. The area should be kept lubricated with Vaseline or an antibiotic ointment to prevent crusting or scabbing of the tissue.

-Cold packs, aloe vera or any other cooling preparation may be used to ease temporary discomfort.

-Prolonged sun exposure is to be avoided for 4 weeks after treatment. If however, this cannot be done, then a broad spectrum sun block greater than SPF 30 should be applied. If further treatment is needed a commitment to stay out of the sun is necessary.

-Makeup can be applied as long as the skin is not broken. When applying makeup, pat gently. Mineral makeup can also serve as an additional sunblock.

**Side-Effects:**

Side-effects are rare and if they do occur are typically minor. These may include redness and swelling around the hair follicle which are, in fact, positive clinical results and indicate that the follicle has responded to treatment. A mild burning sensation may last for up to one hour.

Recovery time is minimal and most people return to normal activity right away.

**Recommended time interval between laser hair removal treatments:**

We recommend that the first two treatments be four weeks apart. For neck and up the treatments should then be about 4-6 weeks apart. For other areas, it should be about 6-8 weeks apart.

After 6 – 8 treatments, there may be fine or lighter colored hairs that do not respond to laser treatments. Months or years after your last treatment you may see new hair growth due to stress, pregnancy, allergies, medications, menopause, etc. New hair growth will require additional laser hair removal treatment.

**Janet H. Prystowsky, MD, PC**



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**Treatment Areas:**

Fees generally are greater for larger areas. Call the office for details on up-to-date pricing.

Small: upper lip, chin, ears, unibrow, hands, feet, sideburns, navel/trail, breast/areola only, female chest and cheeks.

Medium: front of neck, back of neck, shoulders, upper lip & chin, standard bikini, forearms, lower back, upper back, underarms.

Large: full back, full make chest, full arm, Brazilian bikini, buttocks, lower leg, full leg, upper thighs, abdomen, full face.