



Simply Smooth
12 Shuman Ave
Augusta, ME 04330
Simplysmoothme.com
Phone/Text (207)692-3203

 *SimplysmoothME*

Thank you for choosing Simply Smooth! Please review the information below to better assist you in your upcoming appointment.

I am committed to protecting the safety of my clients and our community while maintaining the highest quality of care for you, my valued patient. Thus, in accordance with the very latest recommendations from the Center and Disease Control and Maine Department of Health, I ask that you follow the steps below to best ensure the safety of all if you have an in-office appointment with me. Please call and cancel your appointment if you have had any cold or flu-like symptoms in the past 7 days, I will gladly reschedule you. If you are more than 10 minutes early to your appointment, please wait in your car to ensure we don't fill up the waiting area with too many people. No show or cancelations less than 24 hours in advanced will be charged \$50.00 fee that will not be applied to future appointments. Please be on time for your appointment as I will not be late for my next client. If you can't make your appointment and need to reschedule please call 692-3203 or visit website simplysmoothme.com.

Thank you!



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Before Treatment Care

DO

Hydrate & Moisturize

Drink plenty of water during your treatment plan and keep the area well moisturized to make for a better treatment.

Clean & fresh

Please always arrive with good hygiene to your appointment.

Consult Your Doctor

If you have conditions that effect your skin, blood, heart or hair growth you should always consult your doctor first.

Be Honest

Always tell your Electrologist any and all health conditions when completing the forms provided.

DON'T

Serious Retinoids

Please stop all retinoids 4 days before treatment.

Clogged Pores

Please refrain from make up or any products on the treated area, this may clog the pores after a treatment.

Bleached Hair

Never bleach hair before appointments, the easier the hair is to see the easier it is to treat.

Sun Exposure

Please stay out of the sun 24 hours before treatments to avoid complications to your treatment.

Recommended

Managing Discomfort & Pain

Applying a numbing cream either over the counter or prescribed by a doctor can be beneficial to making your treatment more comfortable. Please follow the labels instructions on how long before the treatment to apply the cream. A pain reliever tablet can help take the edge off if needed before treatments. Avoid caffeine and alcohol before treatments. Treatments during menstruation can feel more uncomfortable due to sensitivity during that time.

Shaving

Its best if 3-4 days before treating any area you shave. This is to make sure all hairs being treated are in the anagen stage (growth stage) Growth should be 1/16-1/8 inch to be able to grab for treatment.

To learn more, feel free to ask me about the growth stages and any other questions you may have, I want you to have the most successful treatments to your smooth goals.