

Sharief Aesthetics

Patient FAQ

Physician-led, education-first.

Please read: This information is for general education and is not medical advice. Suitability for any treatment is determined at an in-person consultation with a physician. Treatments are elective and fees apply; aesthetic procedures are not covered by provincial health plans. A consultation fee applies and is credited toward treatment if you proceed.

Botulinum Toxins (Botox® and equivalents)

What are they?

Botulinum toxins are purified proteins that temporarily relax targeted facial muscles, softening the skin above them to reduce dynamic expression lines such as frown lines, forehead lines, and crow's feet. Health Canada–approved brands include Botox® Cosmetic, Dysport®, Nuceiva®, Xeomin®, and Letybo®.

How do they work?

They block the nerve signals that tell treated muscles to contract. As those muscles relax, the overlying lines soften.

Are they safe?

Botulinum toxin treatments have a long clinical track record and are generally well tolerated when performed by a qualified physician using Health Canada–approved products. As with any medical procedure there are potential side effects; serious complications are uncommon with appropriate assessment and technique.

What is the timeline?

Initial effects usually appear within 2–7 days, with the full effect around 2 weeks. Results typically last about 3–4 months, though duration varies with individual physiology. People with a faster metabolism — often those who are very physically active, such as distance runners and weight-trainers — may find the effect wears off somewhat sooner. For many patients, duration also lengthens after several rounds of treatment.

Pre-care and aftercare.

Beforehand: avoid alcohol and, after checking with your doctor, blood-thinning medications; share your full medical history; avoid booking other facial treatments immediately before or after. Afterward: stay upright for a few hours, avoid rubbing or massaging the area for at least 4 hours, and skip strenuous exercise and extreme heat for 24–48 hours.

Who should avoid it?

Those who are pregnant or breastfeeding, have a neuromuscular disorder, have an allergy to botulinum toxin, or have an active skin infection in the area.

General education, not medical advice — suitability is confirmed at consultation. Fees apply; not covered by provincial plans.

Dermal Fillers

What are they?

Dermal fillers are gel-like substances, most commonly hyaluronic acid (HA), injected beneath the skin to restore lost volume, soften lines and folds, or refine facial contours — a non-surgical option for facial rejuvenation. Common areas include the cheeks, lips, under-eyes, nasolabial folds, and marionette lines.

Health Canada–approved brands include Juvéderm®, Restylane®, Revanesse®, and Teosyal®.

How do they work?

The HA gel adds immediate volume and structural support, lifting and smoothing the treated area. HA also occurs naturally in the body and binds water, helping hydrate and soften the skin.

Are they safe?

Hyaluronic-acid fillers have a strong safety profile when administered by a licensed, experienced medical professional using Health Canada–approved products. Most side effects are temporary and mild — bruising, swelling, redness at the injection site. Serious complications such as vascular occlusion (filler entering a vessel) are rare but possible, which is why a thorough understanding of facial anatomy and proper technique matter.

How long do they last?

Generally 6–24 months depending on the product, area, and individual metabolism — mobile areas like the lips tend toward 6–9 months; less mobile areas like cheeks or jawline can last up to two years.

Can they be reversed?

Yes — HA-based fillers can be partially or fully dissolved with an enzyme called hyaluronidase, which we keep on site. This allows adjustment or full reversal if needed.

Pre-care and aftercare.

Beforehand: avoid alcohol for 24 hours and blood-thinning supplements (aspirin, ibuprofen, vitamin E, fish oil) for about a week after checking with your doctor; arrive with clean, makeup-free skin. Afterward (24–48 hours): avoid strenuous exercise, saunas, and steam; avoid alcohol; use a cold compress for swelling; avoid pressing or massaging the area unless instructed.

Who should avoid them?

Those who are pregnant or breastfeeding; allergic to filler components including HA or lidocaine; have an active infection or inflammation in the area; or have certain autoimmune or bleeding disorders.

General education, not medical advice — suitability is confirmed at consultation. Fees apply; not covered by provincial plans.

Morpheus8 — Burst (Face) & Burst Deep (Body)

Delivered on the InMode Ignite RF platform.

What is it?

Morpheus8 is a Health Canada–approved, minimally invasive treatment that combines microneedling with radiofrequency (RF) energy to remodel deeper tissue, stimulate the skin's own collagen, and improve firmness and contour.

How does it work?

Gold-coated microneedles deliver RF energy into the dermis and subdermal tissue. The needles prompt a natural healing response while the RF generates controlled heat, supporting new collagen and elastin, tissue contraction, and remodeling of subdermal fat.

What's the difference between Burst and Burst Deep?

- Morpheus8 Burst (face & neck): a finer tip with adjustable depth for the variable tissue of the face and neck — used for fine lines, laxity and jowls, submental fullness, texture, and pores.

- Morpheus8 Burst Deep (body): a larger tip that reaches deeper to remodel subdermal tissue over larger areas. Burst and Scale technologies deliver RF to multiple depths in a single pulse, used for laxity, the appearance of cellulite, and stretch marks on the abdomen, arms, and thighs.

Is it suitable for all skin types?

Because the RF energy works beneath the surface and does not target melanin, Morpheus8 is suitable across Fitzpatrick skin types I–VI, with a low risk of post-inflammatory pigmentation. Suitability is still confirmed individually.

How many sessions, and when do results show?

Typically 1–3 sessions, 4–6 weeks apart. Some tightening may be felt early, but because results come from new collagen, they develop over time and are usually most apparent at 3–6 months.

Downtime.

Generally 2–5 days of redness, swelling, and tiny micro-lesions; most people resume makeup and normal activity within 48–72 hours.

How long do results last?

New collagen and elastin are lasting, but natural aging continues, so results can hold for well over a year with periodic maintenance.

Who should avoid it?

Those who are pregnant or breastfeeding; have an active skin infection, psoriasis, or eczema in the area; have a pacemaker or internal defibrillator; have a history of keloid scarring; or have certain autoimmune conditions (physician assessment required).

General education, not medical advice — suitability is confirmed at consultation. Fees apply; not covered by provincial plans.

Lumecca Peak (IPL Photofacial)

Delivered on the InMode Optimas Max platform.

What is it?

Lumecca Peak is a high-peak-power Intense Pulsed Light (IPL) system, Health Canada–approved for the treatment of pigmented and vascular lesions. It uses selective photothermolysis to improve skin clarity and tone.

How does it work?

Light is preferentially absorbed by melanin (in pigmented lesions) and hemoglobin (in vascular lesions), converts to heat, and targets those cells, which the body then clears naturally.

Who is a candidate?

Lumecca is indicated for Fitzpatrick skin types I–IV and is not performed on types V–VI, where high melanin absorption raises the risk of burns, blistering, and pigment changes. Skin typing and assessment are mandatory before treatment.

What can it address?

Benign pigmented lesions (freckles, sun/age spots, photodamage); vascular lesions (broken capillaries, angiomas, poikiloderma); and rosacea-related redness. Post-inflammatory hyperpigmentation is approached with caution, as IPL can sometimes worsen it.

How many sessions, and how soon are results seen?

A course of 1–3 treatments about 3 weeks apart is typical; the number depends on the condition. Pigmented lesions usually darken immediately and appear as micro-crusts that slough off within 7–14 days; overall clarity improves over 1–2 weeks.

Downtime and side effects.

Minimal — mild redness and swelling that usually settle within hours. Expected: temporary darkening of treated pigment as it sheds. Less common: blistering, crusting, or pigment change.

How long do results last?

Clearance of treated lesions is typically long-lasting, but IPL does not prevent new lesions from future sun exposure or aging. Strict broad-spectrum SPF 30+ is essential, and periodic maintenance is often suggested.

General education, not medical advice — suitability is confirmed at consultation. Fees apply; not covered by provincial plans.

Vasculaze MAX (Vascular / Vein Treatment)

Delivered on the InMode Optimas Max platform.

What is it?

Vasculaze MAX is a laser treatment that targets and reduces the appearance of unwanted vascular lesions. Focused light energy is absorbed by hemoglobin, heating the vessel so it collapses and is gradually reabsorbed by the body.

What can it treat?

In Canada it is used for the aesthetic improvement of spider veins (telangiectasia) and superficial varicose veins up to about 4 mm.

Is it painful, and what's recovery like?

Most people describe a mild stinging or prickling; topical numbing can be used. Temporary redness, swelling, or bruising is common. For larger veins, tenderness in the first 24–48 hours is normal and usually settles within 1–2 weeks.

How many sessions?

Often 1–3, depending on the lesion. The exact plan is set at consultation.

Who is not a candidate?

Considerations include pregnancy, active skin infection, a history of poor wound healing, photosensitizing medications, certain medical conditions, and very dark skin tones. Suitability is confirmed individually.

How to manage discomfort.

Over-the-counter pain relief, cold compresses, elevation (for legs), and compression stockings if recommended; avoid heat.

General education, not medical advice — suitability is confirmed at consultation. Fees apply; not covered by provincial plans.

Laser Hair Removal — Fusion Light & Fusion Dark

Delivered on the InMode Optimas Max platform.

What is it?

Our laser hair removal uses the Fusion Light and Fusion Dark system, a multi-wavelength platform offering 755 nm Alexandrite, 810 nm Diode, and 1064 nm Nd:YAG. Having all three wavelengths lets us match the

treatment to your skin tone and hair type rather than relying on a single laser.

How does it work?

Laser light is absorbed by the pigment (melanin) in the hair follicle and converts to heat, damaging the follicle's ability to regrow hair. Because hair grows in cycles, a series of sessions is needed to catch follicles in their active phase.

Can it treat darker skin tones?

Yes. The 1064 nm Nd:YAG wavelength passes more safely around surface pigment, allowing us to treat the full range of skin tones, including darker Fitzpatrick types. Your specific suitability and the right wavelength are determined at consultation.

How many sessions will I need?

Most people need about 4–6 sessions, roughly 6 weeks apart. The exact number depends on the area, hair colour, and skin type.

Is it comfortable?

The handpieces use built-in cooling that chills the skin before, during, and after each pulse. Most people describe the sensation as a quick, mild snap.

Which areas can be treated?

Common areas include legs, arms and underarms, back and chest, bikini line, and the face (e.g., upper lip and chin).

Pre-care.

Avoid sun, tanning beds, and self-tanners on the area for at least 4 weeks; do not wax, pluck, or thread for at least 4 weeks (the root must be present); shave the area thoroughly 12–24 hours before; arrive with clean skin free of lotions, oils, or deodorant.

Aftercare.

Some mild redness or sensitivity is normal. Use broad-spectrum SPF 30+ and avoid direct sun; avoid hot baths, saunas, and strenuous exercise for 24–48 hours; avoid harsh exfoliants for a few days; gently exfoliate 5–7 days later to help shedding.

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