



## **WHAT IS LASER HAIR REMOVAL**

### **Why Laser Hair Removal?**

Laser treatment for unwanted hair is a non-invasive approach to permanent reduction and long-term hair removal. Laser Hair Removal treatments are specially designed to safely eliminate undesired hair from all parts of the body. The laser affects hair follicles only when they are in the growth phase, because of this, more than one Laser Hair Removal treatment will be necessary to disable hair follicles that subsequently enter the growth phase. During your Laser Hair Removal consultation, you will be advised as to the approximate number of treatments necessary for optimum results.

### **How does Laser Hair Removal work?**

The Laser Hair Removal system emits near-infrared laser light that is absorbed by the pigment located in the hair follicle. The laser is pulsed, or turned on, for only a fraction of a second. The duration of each pulse is just long enough to damage the follicle, while the system's unique, patented contact-cooling hand piece, helps protect the skin by conductive cooling during the laser energy delivery.

### **What do Laser Hair Removal treatments feel like?**

The Laser Hair Removal hand piece cools and soothes as it glides along your skin. When the pulse of light is delivered, some patients experience a mild pinching or stinging sensation. No local anesthetic or pain medication is typically required; however, some patients may prefer to use a topical anesthetic when sensitive areas are treated. You may ask if you are able to use a topical anesthetic after your first treatment is completed. Please speak with our staff to purchase a topical anesthetic ointment.

### **What happens after Laser Hair Removal treatment?**

Following Laser Hair Removal treatments, you can return to your normal activities right away, but the treated area may appear a bit red and swollen. The use of sunscreen is recommended on any treated areas exposed to the sun. In addition, your medical professional may recommend that you use a specially formulated skin care product line or prescribe a skin care regimen especially formulated for your skin type. 3-7 days after treatment you may experience what seems to be regrowth of hair. Actually, most of these hairs are being shed as a result of your treatment and are not regrowing. Between treatments you should not wax or pluck your hair, but it is permissible to shave.

### **What are the possible side effects of Laser Hair Removal?**

Although patients experience few side effects with Laser Hair Removal, the most commonly noticed are slight reddening and local swelling of the skin, similar to sunburn. These effects typically last for several hours or less. In rare instances, blistering may occur. Consult with your medical professional for complete information on the benefits and risks of this treatment.

### **What areas can be treated with Laser Hair Removal?**

Laser Hair Removal can remove hair from all parts of the body including the face, legs, arms, underarms, and back. It can also treat sensitive areas like the chest, nipples, and bikini line.

### **How many Laser Hair Removal treatments will I need?**

Most areas require 6-10 treatments; however, the number of Laser Hair Removal treatments required for optimal long-term benefits depends on multiple factors: hair thickness, the area treated and your hair's growth cycle. Interestingly, not all hairs are actively growing at the same time and actually go through three distinct phases: growth, regression, and resting. Laser Hair Removal works by disabling the hair that is principally in the active growth phase at the time of treatment. Since other hairs will enter this active growth phase at different times, additional treatments may be necessary to disable all of the hair follicles in any given area.

### **Does Laser Hair Removal work on tanned/different skin colors?**

Our medical professionals will assess your skin type to determine if you are a suitable candidate for Laser Hair Removal treatments. You must not tan 4 weeks prior to initial treatment, in between treatments, or for 4 weeks after final treatment.





## CONSENT FOR LASER HAIR REMOVAL

I clearly understand and accept the following:

1. The goal of this treatment is improvement, not perfection. I understand there will be some hair left at the end of my treatments. The amount of hair that is remaining will be relative to the fluence (energy) I can tolerate, the color, amount and location of my hair. Average loss at the end of consecutive sessions is 50-95% less hair. Up to 10% of the population does not respond to any laser or light treatments. This cannot be determined until after the second treatment.
2. There may be more treatment sessions necessary than I anticipated. Average is 6-10
3. The *Sciton* laser in studies has shown to reduce hair permanently, but results can vary from person to person
4. I agree to pay the fee quoted and understand that all fees quoted are non-refundable
5. For the purpose of adequate record keeping, I consent to have the staff take before, during, and after photos of the involved treatment area(s). The Clinic may use these photographs for the purposes of patient education and marketing. I understand I will not be identifiable in these photos.
6. Studies and experience with this technology have shown some potential complications and side effects to be:
  - 10-20% chance of developing hypo and/or hyper-pigmentation
  - purpura, blistering, or crusting
  - Freckles and brown spots may lighten and disappear
  - Pimples, redness and swelling
  - Purple mottling discoloration can occur with hair removal on legs
  - New reports are documenting the incidence of increased growth of facial hair on females especially in the neck area and it may not resolve with further treatments due to the fact that this is hormonal hair growth.
7. I understand that if I have a history of cold sores or genital herpes, I may require pre and post treatment with anti-viral medications
8. I understand that I am responsible to provide my own topical anesthetic, and may only use a topical anesthetic after my first treatment and my tolerance level has been established.
9. I agree that I have not tweezed, waxed, threaded or had electrolysis for the past 4 weeks.
10. I agree not to tan while undergoing laser treatments. I agree to protect my skin with a minimum of a SPF 30 for each 4 weeks post treatment.
11. I understand that my medication \_\_\_\_\_ is known to be photo sensitizing and increases my chance of developing blisters. I am willing to accept that risk.
12. I understand that to have the best result possible I agree to the treatment intervals as the clinic designs for me. I agree to the pre and post care instructions that were given to me.

I have had the process thoroughly explained to me. I understand the potential benefits and complications and willingly agree to undergo *Sciton* treatments to reduce my body hair.

Date \_\_\_\_\_ Client Name \_\_\_\_\_ Signature \_\_\_\_\_



## **LASER HAIR REMOVAL PRE AND POST TREATMENT INSTRUCTIONS**

### **BEFORE TREATMENT**

- No Accutane use for 1 year prior to treatment.
- Do not tan the areas being treated for 4 weeks prior to treatment.
- Do not wax, pluck or have electrolysis for 4 weeks prior to treatment.
- Do not use self-tanning products for 2 weeks prior to treatment.
- Do not use Hydroquinone or Kojic Acid products 2 weeks prior to treatment.
- Do not use Photosensitive drugs for 1 week prior to treatment.
- Stop all Retin-A, Retinol, Renova, glycolic, bleaching creams, and exfoliants 3 to 4 days prior to treatment.
- Before every treatment shave the area being treated closely. If you are unable to shave the area yourself, please let us know upon booking your appointment so we can schedule your time accordingly and please note that a service charge will apply.
- Do not wear make-up or deodorant on the area to be treated.
- If you choose to apply a topical anesthetic, it must be applied 60 minutes prior to treatment and covered with plastic wrap. Please speak with one of our staff members to purchase a topical anesthetic.

### **AFTER TREATMENT**

- You may have transient redness, swelling, itching and/or burning sensations for a few minutes up to 48 hours after. You may apply aloe Vera Gel, a cold compress, and/or Hydrocortisone cream to help with these side effects.
- Avoid direct sunlight and tanning beds for the course of the treatments and for 1 month following the final treatment. Wear a sunscreen with SPF 30 or higher DAILY.
- Do not apply make-up to the treated area until all the redness has subsided.
- Avoid soaking for 24 to 48 hours. No hot tubs, whirlpools, or baths. Showers are O.K. Wash gently with cool to warm water and a mild soap. Pat dry, do not rub.
- Avoid excessive sweating for 24 to 48 hours. No saunas or vigorous working out.
- Avoid irritants such as Retin-A, Retinol, Renova, and glycolics, bleaching creams and exfoliants for 1 week.
- Do not wax or pluck any hairs between treatment sessions. Shaving or trimming is O.K.
- Do not manipulate the skin on the treated areas. Crusting, scabbing, or oozing may occur within 1 to 3 days. Apply Vitamin E or Aloe Vera Gel to keep the area moist. Allow this area to heal and fall off on its own so not to damage the skin beneath.
- If blistering has occurred apply Polysporin to the affected area as often as needed up to 1 week.
- Skin Types 4, 5, and 6 should continue to use Hydroquinone or Kojic Acid products if they were used prior to treatment.
- Pigmentation changes (hypo or hyper pigmentation) may occur with darker skin types. Changes will normalize within a few weeks.
- After the treatment (up to 3 weeks) some hair may seem to be re-growing. This is usually the elimination of the hair that remained under the skin and is not true re-growth. You may exfoliate lightly with a loofah sponge in the shower or with a soft washcloth when you get out of the shower as long as your skin is not sore or irritated. You may experience itching and/or prickling sensations when this occurs.

### **FOLLOW UP**

- On average, most people will need 6 to 10 treatments.
- Treatments will be spaced anywhere from 4 to 8 weeks apart depending on the treated area.
- Avoid any tanning in between treatment, as this will increase your risk for burning during your treatment and permanent hyper-pigmentation.





## CHECK LIST FOR LASER HAIR REMOVAL

Client's Name \_\_\_\_\_

YES

### CONSULTATION DAY

Has the client gone over and received a copy of the Information Sheet

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Has the client gone over and received a copy of the Pre/Post Information Form?

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Has the client signed the medical form?

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Has the consent form been reviewed and signed?

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Have photographs been taken?

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### TREATMENT DAY

Do you have a signed copy of the Pre/Post Information Form in the file?

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Does the client have any unanswered questions about the treatment?

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Has the client received instructions on proper skin care for treated area?

\_\_\_\_\_

Remind the client for the first 24 hours:

- Shower with caution and avoid saunas and hot tubs
- No excessive exercising
- No aggressive exfoliants
- Avoid sunlight, use a sunscreen
- Avoid applying cosmetics on treated areas
- Call if they have any questions or concerns
- Remind client that they can refer to their copy of Post Form

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**YOU MUST BE ABLE TO TICK "YES" ON EVERYTHING BEFORE YOU CAN PROCEED**

Date \_\_\_\_\_ Technician's Signature \_\_\_\_\_