

WHAT TO EXPECT FROM YOUR TREATMENT

Your laser hair removal appointment will begin with a consultation. This office visit can last anywhere from 10-20 minutes. During this time, your provider will review your medical history, discuss your goals with you, and explain how the treatment works.

Laser hair removal is most successful for those with light skin and dark hair because this contrast helps the laser 'see' your hair. This doesn't mean you can't receive treatment if you have red, gray, or blonde hair or dark skin.

During your treatment, you can expect slight discomfort, similar to a rubber-band snap on your skin.

You may experience slight redness, bumps, and swelling in the treated area for up to 72 hours. We recommend topical creams such as aloe or hydrocortisone to be applied to the treatment area to reduce post treatment symptoms.

Allow a minimum of 7 to 14 days after final treatment (minimum of 3 is needed) for hair to "fall out" or shed from the skin.

On average, clients experience up to 30% reduction of active hair follicles after each treatment.

For best results, allow us to customize your treatment schedule based on your needs.

Be advised, clients may not bring children to their appointments.

PRE-TREATMENT CARE

Avoid any irritants or sensitizing agents (such as retinol, tretinoin, glycolic or, salicylic acid, benzoyl peroxide, astringents and Vitamin C) 7 days before treatment.

At least two weeks prior to your appointment, refrain from Botox and dermal fillers. Also, avoid any treatments that increase skin sensitivity such as microdermabrasion or chemical peels. In the week prior to your treatment, discontinue using products that cause photosensitivity.

Avoid tanning beds and sunless tanning products to prevent adverse reactions.

Avoid sun exposure greater than 30 minutes, even if wearing sunscreen.

Treatment area must be clean-shaven 12-24 hours prior to treatment. Unshaved clients will be rescheduled. Razors are not provided in the clinics.

Skin must be clean and free of makeup, lotions, oils, deodorant, sunless tanning products, numbing cream, etc. Products on the skin can increase the likelihood of adverse reactions from the laser.

Avoid physical activities that increase body temperature for at least 2 hours before treatments.

Skin that is sunburned, hot to the touch, peeling or is otherwise damaged cannot be treated.

POST-TREATMENT CARE

Mild redness and swelling of the hair follicles may occur (histamine reaction). This is normal and should lessen with time. Avoid picking or scratching the skin. Cool cloths may be applied.

Avoid sun exposure, and other sources of UV light for 7 days post treatment. Careful sun exposure of no more than 30 minutes may be resumed from days 7-14 post treatment with daily use of zinc oxide sunscreen (SPF 30+). Avoid tanning beds for 14 days post treatment.

Apply a zinc oxide sunscreen (SPF 30+) and use daily throughout treatments.

To reduce heat retention, avoid tight clothing, boots, heated seats, etc. The body needs time to cool down after treatments to avoid complications.

Avoid activities that increase body temperature for at least 2 hours after treatment, or longer if redness and bumps persists.

Continue to shave, instead of plucking, tweezing, or waxing, if you need to remove hair between treatments

Gently exfoliate the treated skin 2-3 times per week using a loofah or washcloth. This minimizes the risk of developing ingrown hairs.

Keep the retinoids and hydroxy acids on hold for up to one week after your treatment. Instead, use a gentle cleanser and soothing, moisturizing lotion. Wait at least two weeks before scheduling microdermabrasion, chemical peels, Botox or dermal fillers.

Take lukewarm showers for the first week after your treatment

Avoid using perfumes or deodorants for 48 hours after your treatment.

If redness, swelling or itching continues, an over-the-counter cortisone cream and/or an oral antihistamine (Benadryl) may be used in addition to cool cloths and aloe gel. Do not apply ice directly to the treated areas.

POTENTIAL SIDE EFFECTS

The best way to minimize the risk of side effects is to avoid UV exposure for 7 days pre and post-treatment.

Avoid sunburns and tans for at least 2 weeks prior to treatment.

Avoid sunless tanning products for 7 days before treatment.

Provide treatment provider(s) with an accurate and up-to-date medical history in order to receive safe and effective treatments.

Side effects are uncommon but may include; Hyperpigmentation (darkening of skin), Hypopigmentation (loss of skin pigmentation), mild to moderate burns or blisters, permanent skin discoloration, temporary redness, follicular edema (little pink/red "puffiness, and small bumps like "goosebumps"), swelling and itching in the treated area, hives, rashes, bruising, and lack of desired results.

If you are pregnant you cannot be treated. You cannot be treated over tattoos.

WHEN TO SCHEDULE YOUR NEXT TREATMENT SESSION

You'll need between 2-6 appointments to achieve your final results. Typically, areas of quick hair growth, such as the upper lip, will require repeat appointments every 4-8 weeks. In areas where hair grows slowly, such as the back, appointments may be spaced every 12-16 weeks.

Scheduling your full treatment series ahead of time can help you better prepare for each appointment, and you'll reap the best results.

I have read the above information, all my questions have been addressed. My signature below consents to IPL Laser treatments.

Name

Date: