



# LASER HAIR REMOVAL AFTERCARE AND CONSENT FORM

## Procedural Description

Laser hair reduction offers results that cannot be achieved with conventional shaving or waxing. The laser works by targeting the hair in the follicle, below the skin's surface. The laser we use in our medical spa is FDA-approved and safe and effective for all skin types. The laser energy is transformed into heat which destroys the hair follicle leaving the surrounding skin unaffected. While some areas of the body are more sensitive than others, most patients report little or no discomfort. Again, this is a no-downtime procedure.

Hair grows in cycles. A minimum of six treatments will be necessary as the process is not effective on hair during the early growth cycle. After each session, you will see substantial visible hair reduction. Each laser hair removal treatment will result in hair growth reduction. Additionally, hair will grow progressively slower, lighter, and finer with each treatment. It takes more than one treatment to affect all the follicles growing in an area as only 20% of hairs are in their "active" stage at any given time.

The number of sessions will vary for each individual. During the initial visit, the laser light disables those follicles in the "active" phase of the growth cycle. Follicles in the "dormant" phase will not be affected. Since follicles cycle through "active" and "dormant" phases, additional sessions may be desired once the "dormant" follicles become "active." For this reason, we recommend a series of treatments. Most people achieve satisfactory clearance after six to eight treatments, but individual results may vary depending on medical and genetic factors. Lighter-colored hair may require more treatments than darker-colored hair.

Since no procedure can guarantee permanent hair removal, most patients can expect a 60% to 70% reduction in hair growth. Remember, the laser is FDA approved for permanent hair reduction, not removal. The extent of long-term hair reduction will vary among clients because of the nature of hair and the many factors that influence the growth of hair. After the initial full course of treatments, there should be little hair regrowth. This re-growth will require future annual laser hair removal touch-ups to sustain hair reduction.

## Before Your Treatment

- Stop prolonged sun exposure or self-tanner 4 weeks prior to and during your treatment regimen. Treatment of tanned skin can increase the risk of blistering and/or permanent skin discoloration. **PROLONGED SUN EXPOSURE IS TO BE AVOIDED FOR 4 WEEKS BEFORE TREATMENTS.**
- Avoid waxing, tweezing, or depilatory use for 6 weeks.
- Avoid irritants such as products containing glycolic acid or Retin-A in the area for 5 to 7 days.
- No Accutane for 6 months prior to treatment.
- Shave the desired treatment area the night before laser treatment.
- No makeup/lotion/deodorant/perfumes on the day of your appointment (on the treatment area), as this can and will cause a burn.

## What to Expect During Treatment

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- You may feel a slight burning, stinging, or pinching sensation during the procedure.
- It generally takes 10 to 21 days after the procedure for the treated hair to fall out.
- Treatment of dark coarse hair generally achieves the best results while removal of light fine hair generally requires additional treatments which may or may not be successful.
- Clinical results of LHR may also vary depending on individual skin type, hormonal levels, and hereditary influences. Therefore, some patients may experience partial results and some may notice no improvement at all.
- Future hormonal changes may cause additional hair growth.
- LHR procedure generally involves a series of treatments. Ideal (light skin/dark hair) candidates can usually achieve a 65% - 90% reduction with a series of 6 treatments. Thicker-skinned areas such as men's backs, faces, or necks usually require more than 6 sessions and usually achieve only partial reduction or hair thinning.

## Post-Treatment Instructions

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- Redness & Bumps are normal.
- Immediately after your treatment, redness & bumps at the treatment area are common; these may last up to 2 hours or longer. It is normal for the treated area to feel like a sunburn for a few hours. You should use a cold compress if the sensitivity continues. If there is any crusting, apply an antibiotic cream. Darker-pigmented skin may have more discomfort than lighter skin & may persist longer. Let your provider know if there are excessive burning sensations.
- Cleanse the area and treat gently.
- The treated area may be washed gently with a mild soap. Skin should be patted dry & not rubbed during the first 48 hours.
- No makeup & lotion/moisturizer/deodorant for the first 24 hours.
- Keep the treated area clean & dry, if further redness or irritation persists, skip your makeup & moisturizer, & deodorant (for underarms) until the irritation has subsided.
- Dead hairs will begin to shed 5-30 days after your treatment.
- Stubble, representing dead hair being shed from the hair follicle, will appear within 5-30 days from the treatment date. That is normal & they will fall out quickly.
- Exfoliate to speed up hair shedding.
- Anywhere from 5-30 days after the treatment, shedding of the hair may occur & this may appear as new hair growth. It is not new hair growth, but dead hair pushing its way out of the follicle. You can help the hair come out by washing with a washcloth/exfoliating cloth and shaving.
- Avoid the sun.
- Avoid sun exposure to reduce the chance of dark or light spots for 1-2 months. Use sunscreen (spf 40 or higher) at all times throughout the treatment period & for 1-2 months following.
- Do not pick/scratch/wax/thread/tweeze the area.
- Avoid picking or scratching the treated skin. Do not use any other hair removal methods or products, other than shaving, on the treated area during the course of your laser treatments, as it will prevent you from achieving the best results.

## Laser Hair Removal Consent Form

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The nature of the Laser Hair Removal procedure has been explained to me. I understand that just as there may be benefits from the procedure, all procedures involve risk to some degree. Side effects of laser Hair Removal can have pain, prolonged redness, hyper and/or hypopigmentation, infection, bleeding, scarring, sensitivity, allergic reactions, damage to eyes and/or surrounding structures, burns, dissatisfaction with results, need for further procedures, & unforeseen side effects may occur. I understand that the following are among the expected side effects of the Laser Hair Removal procedure:

**Discomfort:**

Most people will feel some heat-related discomfort (pain) associated with the treatment. This discomfort is usually temporary but may persist for a few days.

**Redness and swelling:**

Laser treatment will cause varying degrees of redness and swelling in the treatment area. These common side effects (erythema) and redness typically resolve within several hours. Edema (swelling) of the skin may occur and can be minimized by using cool compresses or calming creams such as aloe. Typically resolves within a couple of hours to a day; however, both can last for several days.

**Blisters:**

Mild to moderate blisters developing after the treatment are uncommon but have been reported. If blisterings do develop, care should be taken not to disturb or unroofed, blistering should be evaluated by the treated provider.

**Pigment changes:**

During the healing phase, the treated area may appear to be darker. Brown darkening of the skin (hyperpigmentation) can occur either following blistering or crusting or as a result of inflammation during the recovery period. PIH can occur as a part of the normal skin reaction to injury. The skin functions become hyperactive during the healing process, including cells that produce pigment. PIH occurs more frequently with darker-colored skin, after sun exposure to the treatment area, or with patients who already have a tan. **To reduce the risk of PIH, the treated area must be protected from exposure to the sun** (sunscreen for 2 months after treatment); however, in some patients, increased skin coloring may occur even if the area has been protected from the sun. This pigmentation usually fades in 3 to 6 months. Hyperpigmentation is very rarely permanent. Your treating provider may recommend topical skin-lightening products to accelerate the return to normal pigmentation levels.

**Scarring:**

Scarring is a rare occurrence, but it is a possibility whenever the skin's surface is disrupted. To minimize the chances of scarring, it is important that patients follow all post-treatment instructions provided by their provider. Good post-treatment care will help reduce the possibility of scarring.

**Hypopigmentation:**

Lightening or loss of skin pigmentation is very rare, however, it is a possible adverse event, especially in patients with a history of vitiligo or pigmentary disorders.

**Allergic Reactions:**

Allergic reactions can occur. Some persons may have a hive-like appearance in the treated area. Some persons have localized reactions to topical ointments/creams. It is imperative that your skin is completely clean of any lotions or creams during the treatment. Systemic reactions are rare.

**Folliculitis:**

Which is an infection of the hair follicle, which may take several days to resolve.

**Lack of permanent results:**

As with all LHR procedures, some re-growth of hair may occur after treatment sessions are completed. Laser Hair Removal is not permanent. Our bodies are amazing healers and can regenerate new hair follicles even when they have been previously damaged.

I acknowledge the following has been discussed with me:

- I understand that compliance with pre and post-care instructions is crucial for the success of my laser treatment and to prevent unnecessary side effects or complications.

- I understand the Risks / Complications / Side effects / Consequences of Laser Treatment of the Skin: allergic reactions, swelling, itching, infection / cold sores, color/texture change, visible skin laser patterns, bleeding, burns, abnormal/slow/delayed healing, scarring, distortion of anatomic features, redness, dry eyes with corneal irritation, eye damage, chronic pain, delay in skin cancer diagnosis, and lack of permanent results or unsatisfactory results, need for further procedures.
- During the healing phase, sun exposure can cause darkening of the treated area(s) called post-inflammatory hyperpigmentation, therefore, sun avoidance must be followed. Failure to follow instructions may increase risks. Additional risks include unknown rare risks and the need for additional treatments or surgery. Follow all laser care instructions to minimize the risk of having adverse effects. Although improvement is expected, there is no guarantee or warranty expressed or implied with respect to the results that may be obtained. AVOID SUN EXPOSURE FOR THE NEXT 4 WEEKS, and during treatment series.
- I understand that there are many variable conditions that influence the long-term results of laser skin treatments. The practice of medicine and surgery and the subsequent use of lasers is not an exact science. Although good results are expected, there is no guarantee, expressed or implied, on the results that may be obtained. Repetition of treatment aid in results.
- Financial Responsibilities - This procedure is elective and not medically necessary and therefore, not covered by insurance. Any complications requiring additional medical care and/or treatment or revisionary procedures would be the patient's responsibility also. There are no refunds.

**For women of childbearing age:** By signing below I confirm that I am not pregnant and do not intend to become pregnant at any time during the course of the treatment. Furthermore, I agree to keep Honey Skincare Studio and my provider informed should I become pregnant during the course of the treatment.

## WRITTEN CONSENT

Photographic documentation will be taken. I hereby do authorize the use of my photographs for teaching purposes.

BY MY SIGNATURE BELOW, I ACKNOWLEDGE THAT I HAVE READ AND FULLY UNDERSTAND THE CONTENTS OF THIS INFORMED CONSENT FORM FOR THE TREATMENT OF ACNE AND THAT I HAVE HAD ALL MY QUESTIONS ANSWERED TO MY SATISFACTION BY HONEY SKINCARE HEALTHCARE TEAM.

I have read this form and understand it, and I request the performance of the procedure.

PRINTED NAME:

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SIGNATURE:

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DATE:

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