

PRACTICE GUIDE

V·Laser



Cryomed
Aesthetics

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V-Laser Patient Documentation

Patient Information Sheets/Marketing Letters	Hair Reduction
	Vein Treatment
	Enhanced Skin Rejuvenation
Consultation Checklists and Treatment Forms	Hair Reduction
	Vein Treatment
	Enhanced Skin Rejuvenation, Wrinkles and/or Vascular and Pigmented Irregularities
Treatment Plans	Hair Reduction
	Vein Treatment
	Enhanced Skin Rejuvenation
Treatment Notes	Hair Reduction Test Spot Notes
	Laser Treatment Notes (either single use or multiple use forms, as appropriate)
Patient Management Forms (for Reception)	Patient Information and Consent for Medical/Laser Treatment Form
	Skin Typing Form
	Consent Form
Patient Management Forms (for Treatment Room)	Hair Reduction Test Spot Notes
	Laser Treatment Notes (either the single use or multiple use forms, as appropriate)
	Fluence Test Spot Notes
	Consent Form
	Skin Type Form

Patient Management Flow

Telephone Enquiries	Refer to treatment information sheets to answer all patient questions.
	Aim to book the patient for a 30-minute consultation.
	If the patient does not book a consultation, aim to obtain their email address, and email a copy of the information sheet.
	Review the pre-treatment guidelines with patients prior to their appointment.
	Confirm the patient's consultation 48 hours prior to the appointment.
Email Enquiries	Response should be same day as enquiry.
	Have standard email copy available, but make sure this is customised to the specific enquiry, and also ensure that you provide specific answers to all questions.
	If the patient does not book an appointment within 24 hours, you should follow up to check (1) whether they would like to make an appointment, and (2) if they have further questions.
Over-the-Counter Enquiries	Provide brief, positive spoken information as well as handing out the information sheet.
	Attempt to book the patient for a 30-minute consultation
	Review the pre-treatment guidelines with patients prior to their appointment.
	Confirm the patient's consultation 48 hours prior to the appointment.
First Appointment Procedure	Patient must complete the New Patient Information Form
	Patient must complete the Skin Type Form
	Provide the patient with the Patient Information and Consent for Medical/Laser Treatment Form to read.
After Consultation, Book First Appointment	Give the patient a copy of the completed Treatment Plan
	File the original Treatment Plan in the patient's chart
	Book a 15 minute treatment slot, based on the notes in the Treatment Plan
	Make sure you nominate the treatment to be performed in the appointment log
	Review the pre-treatment guidelines with the patient and stress the importance of adhering strictly to them.
	Ensure that the patient is aware of the clinic's treatment cancellation policy.
	Ensure that the patient signs any script for medication.
All Charts Must Include:	New Patient Information Form
	Skin Type Form
	Signed Patient Information and Consent for Medical/Laser Treatment
	Signed Treatment Plan
	Treatment Notes
	Baseline photograph(s) of area to be treated

Patient Information: Suggested Scripts

Completion of Patient Information Forms

This Information Form provides you with a general description of the various dermatological laser treatment we perform using the V-Laser. You can read about the potential benefits and possible risks of these treatments. Please read this, and then your doctor or nurse will describe the details of your specific procedure, and will answer all your questions.

The Consent Form is an important form, and you may take home an unsigned copy so you can take your time to read it carefully, and to discuss it with another person you trust before making your decision. You will also have the opportunity to discuss it with your doctor or nurse, who can explain words or information that might not be clear to you.

Marketing

Script Suggestion for Newsletters, Mail, Social Media Advertising

We are happy to welcome our new state-of-the-art V-Laser system. It allows us to offer you the best in innovative laser treatment for a range of conditions.

- **Enhanced Skin Rejuvenation:** this includes treatment for vascular irregularities such as broken capillaries, small facial blood vessels, spider veins, rosacea and related conditions; unwanted skin pigmentation such as sun damage, skin discolouration; reduction of wrinkles. A series of these laser treatments can improve all these skin issues, with virtually no downtime.
- **Laser Hair Reduction:** the permanent reduction of unwanted hair from virtually any part of the body. This treatment is now available for virtually all skin types and skin colours, including tanned skin.
- **Elimination of unsightly veins and broken capillaries,** including superficial leg veins. The advanced laser technology of the V-Laser will enable you to see noticeable improvement after only one or two treatments.

This is your opportunity to enjoy significant improvement at a reasonable cost, and without aggressive or invasive treatment. Call us for an expert consultation to find out how V-Laser treatment can help refresh your appearance.

Treatment for Vascular Lesions (Unsightly Veins), Redness and Broken Capillaries



Leg Veins



Nose Telangiectasia



Facial telangiectasia



Reticular Vein

Unsightly veins and broken capillaries can result from a number of different causes: pregnancy, trauma, or the normal ageing process. You can also inherit a tendency to develop vascular lesions. These veins are not necessary for your circulatory system, so they can be removed without causing any problems for your circulatory system.

Laser treatment for vascular lesions is designed to be safe and effective. The laser beam penetrates the blood vessels and generates heat. This causes the blood to coagulate and damages the vessel wall, leading to a collapse of the blood vessel. The goal is the reduction or elimination of the superficial and/or deep veins that have been identified. You should be aware that there is a limit to the size of a blood vessel that can be effectively treated.

Prior to treatment, your doctor or nurse will take photographs of the area to be treated, for your medical record, and for later comparison. Your practitioner may apply a topical anaesthetic prior to treatment to help reduce any discomfort. You may need more than one treatment to achieve an optimum result of elimination of adequate reduction of the blood vessels.

All medical procedures carry a degree of risk, and you should be aware of this, even though the risk is low. Possible risks and side effects may include the following: burning, stinging sensation, pain, blister formation (including laser induced “cold-sore-like” blistering), vessel swelling, infection, pigmentary changes in the treatment site (including decrease or increase in skin colour), scar formation, skin eruptions (known as “herpetic” skin eruptions). Poor cosmetic outcome is possible in a very small percentage of cases. There may also be possible hair removal at the treatment site.

Setting Post-Treatment Expectations

Expect some redness and swelling. This may result in a “cat scratch” scab that will last for 2-3 weeks. It is important to allow this to heal by itself. Trying to remove it may lead to scarring.

Best results for leg vein treatment takes approximately 8 – 12 weeks, with approximately 2 – 3 treatments needed for maximum clearance. Facial vein resolution takes up to two weeks. At the end of this process, some vessels may have disappeared, while others may be lighter or not affected.

Common Questions and Answers

How does V-Laser vein and redness treatment work?	V-Laser vein and redness treatment is an innovative laser treatment that can efficiently and effectively eliminate unsightly leg veins, spider veins and broken capillaries. A laser beam is delivered via a handpiece with a cooling tip that protects the surface of the skin while delivering the laser energy to the targeted blood vessel. The energy from the laser beam is absorbed by the pigment in the blood, and this collapses the unwanted vein.	
What are the benefits of this laser treatment?	The V-Laser can treat patients with virtually any skin type. It also helps to minimise any side effects of redness or bruising that are normally associated with these treatments.	
How soon will I see results?	You may see some difference immediately, in that the appearance of the leg veins can either dramatically fade or completely disappear during the treatment. Some vessels may show some temporary swelling, but this should subside within a few hours to a few days. Any redness of the treated vessels will gradually disappear during the healing period of 2 to 8 weeks.	
How many treatments will I need?	While everyone is different, most patients experience significant improvement after only two treatments. Careful attention to your post-treatment instructions will ensure you achieve the best result possible for your body. We recommend that you wait 8 weeks before having a second treatment.	
Are there any side effects?	You might experience some redness in the area that has been treated. This usually disappears within 1 to 3 days. You may also experience some reduction of hair growth in the treated area, even though you are not being treated for hair reduction.	
How long does a treatment last?	Most treatments take between 15 and 30 minutes, depending on the size of the area to be treated. In addition to the treatment time, your practitioner will probably apply a topical anaesthetic 30-90 minutes before the treatment, to increase your comfort.	
What does laser Vein and Redness treatment cost?	Pricing is as follows:	
Individual Treatment	Price	Typical Area Treated
Consultation	[Your price here]	\$xx may be applied to the cost of your first treatment
15 minutes	[Your price here]	Size of treatment area
30 minutes	[Your price here]	Size of treatment area

Vein Treatment Consultation and Treatment Checklist

Preparation and Greeting:	
You should prepare the treatment room while the patient completes the New Patient Information and Skin Typing Forms in reception. Also ensure the patient can review the Consent Form prior to the consultation.	
Greet patient, introduce yourself with your credentials and settle him/her comfortably in the consultation room.	
Proceed with the consultation:	
Review Patient Medical History and skin typing. Inform the patient that he/she is responsible for notifying the clinic if there are any changes in their medical history prior to subsequent treatments.	
Ask the patient what they would like to achieve.	
Evaluate areas that are a priority for treatment. You may wish to apply topical anaesthetic for spot testing at this stage to minimise any delay.	
Explain the technology and the process:	
The laser light is absorbed by blood (oxyhemoglobin) in the vessel, creating heat, collapsing and sealing the vein.	
The patient can optimise treatment results by limiting sun exposure at damaging times of the day.	
There may be temporary sides effects of the treatment: some redness and minor swelling that can persist for a few days, with the possible formation of a “cat scratch” scab forming and lasting up to two weeks. Any adverse effects such as these can be controlled and reduced with cold compresses and hydrocortisone cream or a moisturising ointment. For leg treatment, support hose should be worn continuously for 3 to 5 days. There may also be possible hair reduction at the treatment site.	
Outline a treatment plan:	
Estimate the time needed per session and the number and interval of treatments.	
Have the patient review and sign the Vein Treatment Plan.	
Review and have the patient sign the Written Consent.	
Take baseline photograph(s).	
At this time, if a test spot is needed, shave the area and apply topical anaesthetic if not already done. Complete test spot after appropriate time.	
Explain that you take into account vein size, depth and colour and their skin type when determining appropriate settings.	
Although it is very rare, ask the patient to call if they have any sign of blister, scab (other than a “cat scratch”), or continued pain.	
Finish by prescribing or giving patient a topical anaesthetic to apply before their next treatment. Allow the patient to dress and schedule their next appointment.	

VEIN TREATMENT PLAN

NAME:				
Area to be treated	Est individual treatment time	Est number of treatments required	Est total series treatment time	Frequency
Treatment summary				Treatment plan recommended
Totals				

Pre-Treatment Instructions

Apply SPF30 sunblock on all treatment areas that are exposed to the sun.

Tell us if you have taken Tetracycline in the last month, or Accutane in the past year, or if you are planning to be taking either medication.

Please inform us if there are any changes in your medical history or situation since your last visit.

Shave the area to be treated no more than 12 hours before your appointment time. Alternatively, we can do this for you, but you will need to notify us in advance, and book a longer consultation time.

Apply topical anaesthetic as directed prior to coming in for your appointment. Alternatively, we can do this for you, but you will need to notify us in advance that you need to arrive approximately 1 hour prior to your appointment time for this to occur.

DO NOT use aspirin, alcohol, NSAID's (ipubrophen, Naprosyn, etc.), ginko or St John's Wart for 10 days prior to treatment.

DO NOT use tetracyclines and Zithromax for seven days prior to treatment.

Post-Treatment Instructions

Avoid sun exposure and wear SPF30 sunblock on all treated areas that might be exposed to the sun for one month after treatment.

Cold compresses may be applied to reduce swelling if necessary.

If blistering occurs, apply Hydrocortisone 1% or an antibiotic ointment in a thin layer as directed twice per day.

Please call the clinic at the first sign of pain or blistering.

Wear 20-30 psi support hose continuously for 3-5 days after treatment.

Leave pressure bandage on for 24-48 hours.

DO NOT exercise for three days after treatment.

DO NOT use take alcohol, aspirin, Advil, or any blood thinners for five days.

DO NOT take hot showers, baths, or use hot tubs or saunas for five days.

Laser Hair Reduction

V-Laser has been designed to remove unwanted hair by targeting and destroying the hair follicles. Multiple treatments are required to achieve hair removal. Possible benefits of treatment include delayed re-growth, lightening, decreased density, as well as long-term or permanent reduction in the number of hairs growing in the treatment areas.

Prior to commencement, your practitioner may apply a topical anaesthetic to reduce any discomfort associated with the treatment. Photographs may be taken of the treatment area for your records and for future comparison. All medical procedures carry a degree of risk, and you should be aware of this, even though the risk is low. You can expect some short-term redness or edema (swelling). Possible risks or side-effects may include some discomfort or pain, stinging sensation, infection, pigmentary changes (including decrease or increase in skin colour), scar formation, blistering (including laser-induced "cold-sore-like" blistering), skin eruptions (known as "herpetic" skin eruptions). Recurrence of hair growth at treatment sites is also a possibility, and further "top-up" treatment may be necessary from time to time.

Common Questions and Answers

How safe are your treatments?	Our clinic uses the V-Laser, which is one of the most advanced laser for permanent hair reduction. It is safe and effective on all skin types.
How does laser hair removal work?	Laser hair removal works on hairs that are in the <i>anagen</i> , or active, phase of growth. Hair follicles cycle through various phases, and that is why you need several treatments to treat all the hair follicles. The pigment in the hair follicle absorbs the laser energy, and converts it into heat, which causes thermal damage to the follicle, but does not damage the surrounding tissue. Hair re-growth is impeded in the damaged follicle, and over time, it reduces significantly.
Why do I need more than one treatment for hair removal?	Around 30% of your hair is in the <i>anagen</i> , or active phase of growth at any given time. The exact amount can depend on the body area. Further treatments spaced 4-12 weeks apart, will be able to treat other follicles as they enter the anagen phase. We have learned from long experience that most people can expect between 3 and 8 treatments (4-6 is average) for optimal and long-lasting results.
How long does a treatment session take?	The length of the treatment depends on the area you are having treated. A small area such as your upper lip, or a small bikini area can be treated in as little as 15 minutes. Larger areas, such as full leg, or back, may require up to 60 minutes.
How permanent is hair reduction?	Experience has showed that an average patient can expect around a 48% reduction in hair growth after 3 treatments. After 6 to 8 treatments, the average person enjoys an 80% lasting reduction. Because everyone is different, it is important to understand that results can vary. After 4 to 6 treatments, remaining hair is likely to be finer and lighter in colour. Most patients require 1 or 2 touch-up treatments per year. It is important to be aware that some types of hair do not respond to laser treatment: blond, platinum, mostly red or grey hair, and vellus hair (sometimes called "peach fuzz" hair).

laser hair reduction cost?	Pricing is as follows:	
Individual Treatment	Price	Typical Area Treated
Consultation	[Your price here]	\$xx may be applied to the cost of your first treatment
15 minutes	[Your price here]	Upper lip and chin, limited bikini, underarms
30 minutes	[Your price here]	Extended bikini, extended facial hair, thighs
45 minutes	[Your price here]	Lower legs, men's full back

Hair Reduction Consultation and Treatment Checklist

Preparation and Greeting:	
You should prepare the treatment room while the patient completes the New Patient Information and Skin Typing Forms in reception. Also ensure the patient can review the Consent Form prior to the consultation.	
Greet patient, introduce yourself with your credentials and settle him/her comfortably in the consultation room.	
Proceed with the consultation:	
Review Patient Medical History and skin typing. Inform the patient that he/she is responsible for notifying the clinic if there are any changes in their medical history prior to subsequent treatments.	
Ask the patient what they would like to achieve.	
Evaluate areas that are a priority for treatment. You may wish to apply topical anaesthetic for spot testing at this stage to minimise any delay.	
Explain the technology and the process:	
The laser light is absorbed in the hair which creates heat, damaging the hair follicle. The damaged hair will shed in about two weeks.	
Hair grows in cycles and only 30% or less may be actively growing at any one time, that is why a series of treatments is required for optimum results. One or two maintenance treatments per year may be required.	
There may be temporary sides effects of the treatment: some redness and minor swelling that can persist for one to two days. Any adverse effects such as these can be controlled and reduced with cold compresses and hydrocortisone cream.	
Outline a treatment plan:	
Estimate the time needed per session, and the number and interval of treatments.	
Have the patient review and sign the Hair Reduction or PF Treatment Plan.	
Discuss and have the patient sign the Written Consent.	
Take baseline photograph(s).	
Start the test spot procedure:	
Shave area to be treated.	
Do the test spotting in the appropriate area. Tell the patient that we are using settings appropriate for their skin and hair type.	
Although it is very rare, ask the patient to call if they have any sign of blister, scab, crusting, or pain in response to the test spot.	
Allow the patient to dress and schedule their next appointment.	

HAIR REDUCTION TREATMENT PLAN

NAME:				
Area to be treated	Est individual treatment time	Est number of treatments required	Est total series treatment time	Frequency
Treatment summary				Treatment plan recommended
Totals				

Pre-Treatment Instructions

Apply SPF30 sunblock on all treatment areas that are exposed to the sun. You may improve your results by limiting exposure to the sun, tanning beds or tanning lotions for 4 weeks prior to treatment.

Tell us if you have taken Tetracycline in the last month, or Accutane in the past year, or if you are planning to being taking either medication.

Please inform us if there are any changes in your medical history or situation since your last visit.

Please call us 48 hours before your appointment is there is no hair regrowth in the area to be treated.

Shave the area to be treated no more than 12 hours before your appointment time. Alternatively, we can do this for you, but you will need to notify us in advance, and book a longer consultation time. If treating a heavy beard, please shave on the morning of your appointment.

Apply topical anaesthetic as directed prior to coming in for your appointment. Alternatively, we can do this for you, but you will need to notify us in advance that you need to arrive approximately 1 hours prior to your appointment time for this to occur.

DO NOT wax, tweeze, or have electrolysis for four weeks prior to treatment.

DO NOT use Retin-A or glycolics for three days prior to treatment.

DO NOT use hair removal lotions or hair bleach for four weeks prior to treatment.

Post-Treatment Instructions and Expectations

Apply SPF30 sunblock on all treated areas that might be exposed to the sun, and do not expose the treatment area to the sun for prolonged periods for one week after treatment.

Shaving or using clippers are the only acceptable methods of hair removal between treatments.

The treatment area should be gently washed twice per day with tepid water and mild soap.

DO NOT use Retin-A or glycolics for five days after treatment.

Hair loss will be most evident 10 days to 2 weeks after treatment. Immediately after treatment, you may expect a mild sunburn sensation that can last for 2-3 hours. Possible redness and swelling may last one day. You can relieve any swelling or redness by applying cold compresses.

For maximum hair reduction, 6 – 8 treatments may be necessary.

Please call the clinic if you have blistering or any persistent pain.

V-LASER HAIR REDUCTION FLUENCE/TEST SPOT NOTES

Patient Name: _____

Date: _____

Skin Type: _____

MD/PA/RN: _____

MD: _____

Treatment Area:	Test Spot #1	Test Spot #2	Test Spot #3
Fluence			
Pulse Width			
Spot Size			
Erythema Present?*			
Edœma Present?*			
Vesicles Present?*			
Discolouration Present?*			
Notes:			

Treatment Area:	Test Spot #1	Test Spot #2	Test Spot #3
Fluence			
Pulse Width			
Spot Size			
Erythema Present?*			
Edœma Present?*			
Vesicles Present?*			
Discolouration Present?*			
Notes:			

Topical Anaesthetic Used: _____

Notes: _____

- 0 = No Response; + = Mild Response; ++ = Moderate Response; +++ = Severe Response

Enhanced Skin Rejuvenation, Wrinkle Reduction, Vascular & Pigmentation Treatment



Wrinkles and Blemishes



Broken Capillaries

Non-ablative laser treatment means treatment where no body tissue is removed. It has been developed to help eliminate blemishes from the skin and to help improve skin texture. This treatment can be successfully used to treat ageing and sun-damaged skin. A non-ablative laser such as the V-Laser produced a laser beam that passes through the outer layers of the skin without injury, penetrating to the deeper, damaged layers of the skin. Enhanced Skin Rejuvenation requires the use of more than one laser beam: V-Laser is designed to do this.

Prior to commencement, your practitioner may apply a topical anaesthetic to reduce any discomfort associated with the treatment. Photographs may be taken of the treatment area for your records and for future comparison. As with all laser treatment, multiple treatments may be required to achieve an optimum result.

The benefits of this treatment include the possible reduction of fine wrinkles and the reduction or elimination of unsightly pigmented lesions, such as solar spots or uneven skin colour. Small red and blue vessels may also be reduced or diminished.

All medical procedures carry a degree of risk, and you should be aware of this, even though the risk is low. You can expect some short-term redness. Possible risks or side-effects may include some discomfort or pain, stinging sensation, burning, infection, pigmentary changes (including decrease or increase in skin colour), scar formation, blistering (including laser-induced "cold-sore-like" blistering), skin eruptions (known as "herpetic" skin eruptions), or poor cosmetic outcome. Recurrence of hair growth at treatment sites is also a possibility, and further "top-up" treatment may be necessary from time to time. There may also be a reduction of hair at the treatment site.

Common Questions and Answers

<p>How can V-Laser help rejuvenate my skin?</p>	<p>V-Laser can treat multiple skin damage and ageing conditions because it uses multiple wavelengths. It can treat face, neck, chest, hands, arms and legs, and can improve the appearance of:</p> <ul style="list-style-type: none"> • Wrinkles • Freckles • Age Spots and Sun Spots • Broken Capillaries • Rosacea • Flushing • Spider Veins • Large Pores <p>The result can be a more even skin tone and a younger, firmer appearance. V-Laser can also smooth superficial lines and wrinkles, helping to turn back the clock for your skin.</p>	
<p>What happens during treatment?</p>	<p>A laser beam is delivered via a handpiece with a cooling tip that protects the surface of the skin while delivering the laser energy to the targeted area. The heat damages the area, which triggers a renewal process, producing quantities of the chemicals that gave your skin its youthful clarity elasticity and fullness. Your body replaces the damaged skin cells with new, healthy cells.</p>	
<p>What happens after treatment?</p>	<p>You may experience some redness, swelling or possible a slight darkening of pigmented areas. Redness and swelling usually subside within a few days. Darker pigmentation areas may take longer, and could peel lightly for up to one week. You can apply makeup to the treated area immediately if you need some camouflage.</p>	
<p>How many treatments will I need?</p>	<p>While everyone is different, most patients begin to experience improvement after a couple of treatments, however, we recommend a series of three to six treatment, spaced two to four weeks apart for best results. Depending on your condition, further treatments may be required. Periodic treatments can help to maintain optimal, lasting results. Careful attention to your post-treatment instructions will ensure you achieve the best result possible for your body. This includes taking care to avoid further sun damage by using a sunblock and ensuring your sun exposure is limited to non-damaging times of the day.</p>	
<p>Are there any side effects?</p>	<p>In addition to possible redness, swelling or temporary darkening of pigmented areas, you may also experience some reduction of hair growth in the treated area, even though you are not being treated for hair reduction.</p>	
<p>How long does a treatment last?</p>	<p>Most treatments take between 30 and 60 minutes. In addition to the treatment time, your practitioner will probably apply a topical anaesthetic 30-90 minutes before the treatment, to increase your comfort.</p>	
<p>What does V-Laser Rejuvenation cost?</p>	<p>Pricing is as follows:</p>	
<p>Individual Treatment</p>	<p>Price</p>	<p>Typical Area Treated</p>
<p>Consultation</p>	<p>[Your price here]</p>	<p>\$xx may be applied to the cost of your first treatment</p>
<p>15 minutes</p>	<p>[Your price here]</p>	<p>Size of treatment area</p>
<p>30 minutes</p>	<p>[Your price here]</p>	<p>Size of treatment area</p>

Enhanced Skin Rejuvenation, Vascular and Pigmented Irregularities Consultation Checklist

Preparation and Greeting:	
You should prepare the treatment room while the patient completes the New Patient Information and Skin Typing Forms in reception. Also ensure the patient can review the Consent Form prior to the consultation.	
Greet patient, introduce yourself with your credentials and settle him/her comfortably in the consultation room.	
Proceed with the consultation:	
Review Patient Medical History and skin typing. (Skin rejuvenation laser treatments are restricted to Skin Types I - IV.) Inform the patient that he/she is responsible for notifying the clinician if there are any changes in their medical history prior to subsequent treatments.	
Ask the patient what they would like to achieve.	
Evaluate areas that are a priority for treatment. You may wish to apply topical anaesthetic for spot testing at this stage to minimise any delay.	
Explain the technology and the process:	
The laser light is absorbed by melanin in the skin and blood (oxyhemoglobin) in the vessel. This will either break down the melanin or collapse the blood vessel. The Nd:YAG laser light is absorbed by melanin in the dermis, which causes the collagen to re-align.	
There may be temporary sides effects of the treatment: some redness and minor swelling can develop and persist for up to a few days. As a result of melanin breakdown, skin may have a slight greying or darkening effect and this will disappear within two weeks. Any possible side effects such as these can be controlled and reduced with cold compresses, hydrocortisone cream or a moisturising ointment. It is extremely important to use a moisturiser with SPF30 sunblock and to avoid sun exposure during times of the day when UV rays are dangerous, to prevent additional sun damage.	
Outline a treatment plan:	
Estimate the time needed per session and the number and interval of treatments.	
Have the patient review and sign the Enhanced Skin Rejuvenation Treatment Plan.	
Review and have the patient sign the Written Consent.	
Take baseline photograph(s).	
At this time, first treatment may be administered. If necessary, apply topical anesthetic and follow treatment plan. Explain that you have determined the appropriate settings for the patient's treatment, based on their condition and skin type.	
Ask patient to call in the unusual event that they have any sign of blistering, scabbing, severe swelling or continued pain.	
Finish by prescribing or giving patient a topical anaesthetic to apply before their next treatment if necessary. Allow the patient to dress and schedule their next appointment.	

ENHANCED SKIN REJUVENATION TREATMENT PLAN

NAME:				
Area to be treated	Est individual treatment time	Est number of treatments required	Est total series treatment time	Frequency
Treatment summary				Treatment plan recommended
Totals				

Pre-Treatment Instructions

DO NOT tan for four weeks prior to treatment

Apply SPF30 or higher sunblock to the treatment area every day for four weeks prior to treatment.

DO NOT take any Retin -A, glycolic acids, vitamin C products, or anything that might be irritating, for 3 days prior to treatment.

Please inform us if you have taken Accutane within the past year, or Tetracycline in the past month.

Please inform us if there have been any changes in your medical condition since your last visit.

Please remove all makeup, cleanse and completely dry the treatment area before treatment.

Post-Treatment Instructions

If you have any redness or swelling, you may apply cool compresses.

The treatment area should be gently washed with your hands twice per day with tepid water and mild soap. Gently pat dry, do not rub.

You should apply a moisturised with a SPF 30 sunblock or higher daily, and reapply as needed. Avoid unnecessary sun exposure.

Depending on your doctor's advice, you may recommence use of Retin-A or glycolics, Vitamin C product, and any other irritants, after all irritation has resolved.

Please call the clinic if you have blistering or any persistent pain.

DO NOT exercise vigorously for 48 hours after treatment.

DO NOT take hot showers, baths or saunas for 48 hours after treatment.

Continue use of anti-viral medication as prescribed.

Setting Post-Treatment Expectations

Expect some redness and swelling that may last from a few hours to a couple of days.

Expect some peeling to occur on Days 3 and 4.

5 to 6 treatments spaced one month apart may be needed for maximum effect.

REDNESS TREATMENT PLAN

NAME:				
Area to be treated	Est individual treatment time	Est number of treatments required	Est total series treatment time	Frequency
Treatment summary				Treatment plan recommended
Totals				

Pre-Treatment Instructions

DO NOT tan for four weeks prior to treatment

Apply SPF30 or higher sunblock to the treatment area every day for four weeks prior to treatment.

DO NOT take any Retin -A, glycolic acids, vitamin C products, or anything that might be irritating, for 3 days prior to treatment.

Please inform us if you have taken Accutane within the past year, or Tetracycline in the past month.

Please inform us if there have been any changes in your medical condition since your last visit.

Please inform us if you have had chemical peels, dermabrasion, laser resurfacing or a face lift since your last visit.

Please remove all makeup, cleanse and completely dry the treatment area before treatment.

Post-Treatment Instructions

If you have any redness or swelling, you may apply cool compresses.

The treatment area should be gently washed with your hands twice per day with tepid water and mild soap. Gently pat dry, do not rub.

You should apply a moisturised with a SPF 30 sunblock or higher daily, and reapply as needed. Avoid unnecessary sun exposure.

Depending on your doctor's advice, you may recommence use of Retin-A or glycolics, Vitamin C products, and any other irritants, after all irritation has resolved.

Please call the clinic if you have blistering or any persistent pain.

DO NOT take hot showers, baths or saunas for 48 hours after treatment.

Continue use of anti-viral medication as prescribed.

Apply recommended Acne washes/topicals according to your doctor's directions.

Setting Post-Treatment Expectations

Expect some redness and swelling that may last from a few hours to a couple of days.

PIGMENTATION TREATMENT PLAN

NAME:				
Area to be treated	Est individual treatment time	Est number of treatments required	Est total series treatment time	Frequency
Treatment summary				Treatment plan recommended
Totals				

Pre-Treatment Instructions

DO NOT tan for four weeks prior to treatment

Apply SPF30 or higher sunblock to the treatment area every day for four weeks prior to treatment.

DO NOT take any Retin -A, glycolic acids, vitamin C products, or anything that might be irritating, for 3 days prior to treatment.

Please inform us if you have taken Accutane within the past year, or Tetracycline in the past month.

Please inform us if there have been any changes in your medical condition since your last visit.

Please inform us if you have had chemical peels, dermabrasion, laser resurfacing or a face lift since your last visit.

Please remove all makeup, cleanse and completely dry the treatment area before treatment.

Post-Treatment Instructions

If you have any redness or swelling, you may apply cool compresses.

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Continue use of anti-viral medication as prescribed.

Apply recommended Acne washes/topicals according to your doctor's directions.

Setting Post-Treatment Expectations

Expect some redness and swelling that may last from a few hours to a couple of days.

V-LASER TREATMENT NOTES: TEST PATCH

Patient Name: _____
 Skin Type: _____
 MD/PA/RN: _____
 Treatment Type _____

Date: _____
 Tx# _____ Tx Time: _____
 MD: _____
 Wavelength(s) Used _____

Vein/Hair/PF/Acne clearance since last treatment?	N/A	0%	25%	50%	75%	100%
Was patient satisfied with last treatment?	N/A	Yes	No			

If no, explain: _____

Any adverse reaction? No Yes If yes, what?
 Erythema > four days Hypopigmentation Peeling/Flaking Blistering Irritation
 Odema > four days Hyperpigmentation Other: _____

Sun exposure since last visit reviewed	Yes	No				
Skin type adjusted due to tanning	Yes	No				
Patient Eye Protection in Place	Yes	No				
Teeth Protection in Place	Yes	No				
Anti-viral medication prescribed?	Yes	No If yes, type: _____				
Hair Color	Black	Brown	Light Brown	Red	Grey	Blonde
Hair Texture	Coarse	Medium	Fine			
Vein Colour	Red	Blue	Purple			

Treatment Area	Spot size/ laser	J/cm ² / Total Joules	# of Passes (Acne)	Pulse width	PPS	Treatment Area	Spot size/ laser	J/cm ² / Total Joules	# of Passes (Acne)	Pulse width	PPS
Abdomen						Face, Cheek					
Arms, upper						Face, Nose					
Axilla						Face, Forehead					
Back, upper						Forearms					
Back, lower						Hands					
Bikini						Lower Leg, partial					
Breasts						Lower Leg, full					
Buttocks						Neck, anterior					
Chest, upper						Neck, posterior					
Chest, lower						Shoulder, anterior					
Face, Full						Shoulder, posterior					
Face, Jaw Line						Thigh, partial					
Face, Upper lip						Thigh, full					
Face, Chin											

Any change in setting from last treatment? No Yes If yes, why? _____

Immediate response:	None	Mild	Moderate	Severe
Erythema present				
Odema/Perifollicular Odema present				
Adverse reactions/type				

Discoloration present? If yes, describe: _____

Cold compresses and anti-inflammatory applied: Yes No Topical Anaesthetic used: _____

Post care instructions given: Yes No Tolerated: Well Fair Poor

Notes: _____

SKIN TYPE QUESTIONNAIRE

Mother's ethnicity / grandparents: _____

Father's ethnicity / grandparents: _____

Please answer the following questions by circling the number which best describes you.

Your Practitioner will total the score during the consultation.

My ethnic origin is closest to: (check one)	I. Very fair (Celtic and Scandinavian)	<input type="checkbox"/>
	II. Fair-skinned Caucasians with light hair and light eyes	<input type="checkbox"/>
	III. Pale-skinned Caucasians with dark hair and dark eyes	<input type="checkbox"/>
	IV. Olive-skinned (Mediterranean, some Asian, some Hispanic)	<input type="checkbox"/>
	V. Dark-skinned (Middle Eastern, Hispanic, Asians, some Africans)	<input type="checkbox"/>
	VI. Very dark-skinned (African)	<input type="checkbox"/>

My eye color is:	Light blue	0
	Blue/green	1
	Green/gray/golden	2
	Hazel/light brown	3
	Brown	4

My natural hair colour at age 18 was:	Red	0
	Blonde	1
	Light brown	2
	Dark brown	3
	Black	4

The colour of my skin (that is not normally exposed to sun) is:	Pink to reddish	0
	Very pale	1
	Pale with a beige tint	2
	Light brown	3
	Medium to dark brown	4
	Dark brown-black	6

If I go out into the sun for an hour or so without sunscreen and have not been out in the sun for weeks, my skin will:	Burn, blister and peel	0
	Burn, then when the burn resolves there is little or no color change	1
	Burn, but then turns to tan in a few days	2
	Get pink, but then turns to tan quickly	3
	Just tan	4
	Just gets darker	5
	My skin colour is so dark I can't tell	6

When was the last time the area to be treated was exposed to natural sunlight, tanning booths or artificial tanning cream?	Longer than one month ago	0
	Within the past month	1
	Within the past two weeks	3
	Within the past week	4

Total Score:

If your score is:	Your skin type is:	Notes:
0 – 3	I	
4 – 7	II	
8 – 11	III	
12 – 15	IV	
16 – 19	V	
20 – 24	VI	

MY SKIN TYPE IS: _____

Laser Treatment Notes

Patient Name: _____ Skin Type: _____

Date					
Laser used					
Change in Medical History					
Skin Type if changed					
Anti-Viral used					
Treatment #					
Treatment site					
Vein size / colour or hair colour and density or type of condition / lesion / Severity of acne					
Spot size					
Fluence (J/cm ²)					
Number of passes					
Total Joules Delivered (Acne)					
Pulse width					
Pulses per second					
Vein Effect					
Erythema					
Edema/Perifollicular edema					
Adverse Reactions					
Pain Scale (1-10)					
Anesthetic used					
Cold compress used					
Anti-inflammatory or Ointment applied					
Post treatment instructions given					
Time Required					
Comments:					
MD/PA/RN					

Erythema, Perifollicular oedema: + for mild, ++ for moderate and +++ for severe.
Hair color: BL for black, BR for brown, LB for light brown, BD for Blond, G for Gray, R for Red.
Density: C for coarse, M for medium and F for fine.
Medical History and if post care done Yes/No
Vein colour: R Red, B Blue, P Purple. Estimate vessel size 0.5 – 4 mm.
Vein effect: No effect, **Blanch, Grey;** Rate: + mild, ++ moderate, +++ severe.
Adverse Reactions: Discoloration, Blistering, Singing; Rate: + for mild, ++ moderate, +++ \ severe.

LASER TREATMENT ROOM CLOSING CHECKLIST

Cleanliness and Sanitation	Mo	Tu	We	Th	Fr	Sa	Su
Turn all equipment off, remove the laser key							
Clean cooling tip							
Clean foot pedal and cord							
Clean all sides of laser							
Clean handpieces and store properly							
Clean safety goggles and laser eye shields and store in appropriate cases							
Clean and store hair clippers in the charging cradle							
Clean counters and equipment stands							
Clean treatment chair (including pedestal)							
Clean and store camera equipment							
Empty trash							
Restock Supplies							
Disposable bikinis							
Razors, shaving cream							
Wipes, paper towels, facial tissue							
Non-sterile gauze							
Gloves							
Tongue blades, cotton swabs, cotton balls							
Topical anaesthetic							
Hydrocortisone							
Clear gel							
Plastic wrap							
Flexible gel/ice packs							
Alcohol and lens cleaning paper for cleaning of lenses							
Compression supplies							
Miscellaneous							
All treatment forms stocked							
Fire extinguisher							