

PATIENT GUIDANCE ON TREATMENT

The information provided on this form is inclusive of all cosmetic LASER services, including; hair removal, skin lightening, skin tightening, and vein therapy.

POTENTIAL SIDE EFFECTS

- The best way to minimize the risk of side effects is to avoid sun exposure for 7 days pre and post treatment.
- Provide your technician with an accurate and up to date medical history in order to receive a safe and effective treatment.
- Side effects are temporary and uncommon but may include; Hyperpigmentation (darkening of skin), hypopigmentation (loss of skin pigmentation), mild to moderate burns or blisters, temporary redness, follicular edema (little pink/red “puffiness” and small bumps like “goose bumps”) swelling and itching in treated area, bruising, and a lack of desired results.
- Clients who are pregnant should be aware that hormonal changes might alter the effectiveness of laser treatments.

PRE-TREATMENT CARE

- Avoid all alpha hydroxy and beta hydroxy products (AHA/BHA), hydroquinones, retinols/retinoids, aspirin, Tazorac, Differin, and Vitamin E products for 3 days before your treatment.
- Clients should come to their treatment with clean skin in the area to be treated.
- Avoid extended sun exposure or tanning for 1 week prior to treatment.
- Clients who are darkly tanned or sunburned should wait at least 2 weeks before being treated in order to avoid additional skin damage.

- Avoid application of self-tanning lotions for 3 days prior to treatment.
- The area to be treated must be clean-shaven.
- For hair removal clients, stop waxing, tweezing or plucking 3 weeks prior to treatment.
- If you are prone to cold sores, take an anti-viral medication (such as Valtrex) prior to your treatment.
- Clients who have used Accutane within the last 6 months CANNOT have laser skin resurfacing.
- Clients should not perform any physical activity that increases body temperature or blood pressure immediately before or after laser treatments.
- If you are prone to histamine (allergic) reactions inform your esthetician prior to receiving any laser treatments.

GUIDANCE ON HAIR REMOVAL

- Clients with red, grey or blonde hair, in the area to be treated, should consult with an esthetician prior to receiving treatments, as the laser is less effective on these hair colors.
- During your treatment you can expect slight discomfort, similar to a rubber-band snap on your skin. A topical numbing agent is available by prescription and can be applied 60 minutes prior to your treatment.
- You should experience slight redness, bumps, and swelling in the treated area for up to 72 hours. If these conditions persist, topical creams such as aloe, calamine or hydrocortisone may be applied.
- Allow 1-week post treatment for hair to “fall out”.
- On average, patients experience 20-30% less re-growth after every treatment.
- On average, patients experience 70-90% reduction in hair growth after a series of 8-12 treatments.
- For best results, maintain a consistent treatment schedule.

GUIDANCE ON LASER VEIN THERAPY

- Patients on high doses of blood thinners or aspirin should not receive this treatment.
- Patients with poor circulation (diabetics), or using small doses of blood thinners or aspirin, may experience increased bruising and slower healing.
- Discontinue use of blood thinners or aspirin 1-week pre and post treatment, if approved by your health care practitioner.
- Veins will be red and bumpy post treatment.
- Mild to moderate bruising in treated area may be present for 2-6 weeks.
- Avoid strenuous activity for 48 hours post treatment to ensure optimal result. For treatment areas larger than a 4x4 patch, elevate the area 4-6 hours post treatment.
- Schedule a follow-up appointment 6 weeks post treatment.
- Most patients require 2-3 treatments, scheduled 6-8 weeks apart, to achieve the optimal result.

GUIDANCE ON LASER SKIN LIGHTENING

- During treatment, pigmented areas will turn ash grey and fade to red. Over the next 2-3 days pigmented areas will darken to about 2-3x the original color.
- Pigment will “scab” and begin to flake off within 5-7 days.
- DO NOT pick off “scabs” as this will cause hypo-pigmentation and scarring.
- Most patients require 2-3 treatments to achieve optimal results.
- Schedule a 1-week follow-up treatment to help exfoliate excess pigmentation.
- Regular spa exfoliations and at-home use of a skin lightening product is highly recommended to maintain results.

GUIDANCE ON LASER SKIN TIGHTENING

- This treatment is ideal for crepey skin on the neck, decollate, underarms, and stomach.

- During treatment, treated area will be hot and tender.
- You may experience residual redness, tenderness and minor swelling for up to 48 hours post treatment.
- A series of 6-12 treatments spaced 1-2 weeks apart is recommended for optimal results.

POST-TREATMENT CARE

- Avoid extended sun exposure or tanning for 1-week post treatment.
- If blisters occur, do not puncture. If skin is broken, apply an antibiotic ointment until healed.
- do not pick at any lesions as this will increase the risk of side-effects.
- Tylenol is recommended for post treatment discomfort.
- You may apply cool towels, ice packs or aloe vera to alleviate discomfort due to heat.
- Avoid any additional laser treatments or chemical procedures on the treated area for at least 2 weeks post treatment or until complete healing has occurred.
- Use of a broad-spectrum UVA/UVB SPF 30 is critical when receiving laser treatments and is recommended for ongoing maintenance