



LASER / IPL HAIR REMOVAL CONSULTATION

DATE: ____/____/____

Name _____

Skin Type 1 2 3 4 5 6

DOB: ____/____/____

_____ Health Questions have been answered correctly and checked over.

_____ The hair to be treated has been observed and checked for suitability.

The more course and darker the hair, the better it will respond to the laser.

Very light colour, red, white, grey hair will not respond to treatment.

Very fine texture or vellus hair does not respond well to laser treatment and requires ongoing treatment.

Light brown / mouse colour hair may respond, but will require higher settings and possibly more treatments

_____ Occasionally if vellus (very fine or 'peach fuzz') hairs within and next to the treatment area are present, these may become stimulated by the laser treatment and may become more textured over time. This is most common on the face and abdomen but can occur on other body areas. It may not happen but is an unpredictable occurrence. This is sometimes referred to as 'Paradoxical Hair growth'

_____ Areas that usually **respond very well** to laser treatment with very long term reduction include **Course face hair, Underarms, 'Bikini' areas, Lower Legs.** Other body areas including: Torso

back and front, arms and thigh areas have unpredictable long term reduction and are likely to require ongoing 'maintenance' treatment of finer hair regrowth about every 2-3 months.

Fine facial hair is often persistent and will require ongoing treatment but may reduce further over time.

_____ In order to treat the hair growth cycles, you will need to return for treatment about every 3-4 weeks for the face and about every 4-6 weeks for body areas.

To capture the various growth cycles the approximate number of treatments ranges from 4 to around 12 sessions

_____ For best results we recommend you return for treatment as soon as you see new hair tips emerging. It is not necessary to wait for hair to grow long for Laser treatment and is in fact desirable to treat hair in the growing phase for best results.

_____ Hair, or at least the hair root must be present in the follicle for laser treatment.

DO NOT wax, pluck or thread the hair when you are planning to have laser hair removal

Shaving, depilatory cream or bleaching is acceptable between Laser treatment.

_____ To prepare for laser treatment the hair on the skin surface must be removed by shaving or clipping. We request you do this before arriving for your treatment. Any missed areas will be shaved by the therapist in the clinic. We cannot be held responsible for shaving cuts or grazes.

_____ During the treatment you will be given protective eyewear that must be worn whilst the laser is working. Your skin will be cooled using a cold air system which makes the treatment more comfortable and helps prevent the skin surface over heating.

_____ The treatment feels slightly hot with a prickling sensation that is bearable. The discomfort varies across the treatment areas, and varies from person to person. Cold air skin cooling is applied throughout the treatment

_____ For 2 or 3 weeks after Laser/IPL treatment, hair stubble will emerge from the skin. This can appear like growing hair but will fall out and is referred to as the 'Hair Cast'. The hair cast can be shaved or removed. If you think the hair cast has NOT fallen out after 3 weeks, please let your practitioner know.

_____ Do not expose the treated area to sun or tanning booths for **2 weeks after** treatment, or if you are planning more Laser/IPL treatment.

_____ If you expose the treatment area to sun or tanning booths in between Laser/ IPL treatment, you will need to wait 2 – 4 weeks from your last sun/UV exposure before considering laser treatment. We may ask you to have new test patches performed before your next full treatment. This is a safety precaution to prevent accidental skin burns. You must discuss this before you book your next appointment.

_____ The use of high factor SPF between treatments WILL NOT prevent skin tanning and does not make you safe for your next treatment. It is recommended to avoid sun or UV exposure when you are planning to have laser treatment.

_____ DO NOT use fake tan or Daily gradual tan lotions for 2 weeks before laser treatment

Normal Expected Side Effects after Laser/IPL treatment

_____ During and immediately after the treatment, the skin may appear pink or red with some mild swelling and hives around the hair follicles. This is temporary and resolves within a few minutes to a few hours.

_____ The next day the skin may feel a little dry. The treated follicles and skin surface may cause a slightly 'grazed' or speckled appearance. This normal and fades away after a few days.

_____ The skin may feel sensitive to heat and friction for a few days after treatment. We recommend to avoid hot water or environments (saunas, hot baths etc) and to avoid exercise and tight clothing for a few days after treatment.

Side Effects we like to avoid

_____ If the skin absorbs too much laser/IPL energy, a scab or blister may form. These are almost always superficial and will resolve, but need to be cared for to avoid any infections. This may require you to visit a GP for antibiotic medications.

_____ Pigmentation in the skin may appear darker or lighter in places, but this usually occurs after a scab or blister. This is temporary but may take several weeks or months to resolve. The risk of pigment changes is greater in darker skin types

_____ Permanent scarring and deep burns have been reported within the industry, but are extremely rare.

I agree that the information listed and discussed above has been reviewed and presented with my clear understanding of what this procedure involves. All of my questions have been addressed to my satisfaction.

Name _____ Signed _____

Practitioner _____ Date: _____ / _____ / _____