



Laser Hair Removal Pre & Post Treatment Information

Laser hair removal continues to be our number one treatment, with over ten years of professional service and three gold standard laser hair removal wavelengths in each of our two treatment rooms. Your Certified Laser Specialist will customize all laser settings according to your hair colour, thickness and density, as well as your skin type and your comfort level, while maintaining the highest standards of safety.

During treatments, the laser produces an intense, but gentle, monochromatic beam of energy that passes through the skin and is selectively absorbed by the target (melanin in the hair follicle), destroying it without causing significant thermal injury to the surrounding tissue (selective thermolysis). The laser energy only works on the growing hairs (Anagen phase) and not on dormant hairs (Catagen & Telogen phase). This amounts to approximately **10-15%** of the hairs that are in the active growth (Anagen) phase during a treatment session. Therefore, several treatments, generally 6 to 12 or more, will be necessary to obtain a significant, long-term reduction of hair growth.

Several factors can contribute to the effectiveness of laser hair removal such as the treatment area, treatment consistency and individual circumstances. Genetics, hormones, medication and hair colour may interfere with the hair removal process and there is a very slight possibility that you may not respond to the treatment at all. You may experience fewer, thinner, lighter, slower re-growth of hairs, temporary hair loss or permanent hair reduction. The treatment is only effective on hair with colour and does not treat white, gray, blond or red hair.

All of our advanced lasers have sapphire cooled handpieces that stay in contact with the skin to help with the sensation of heat from the laser. Everyone in the treatment room must wear protective eyewear in order to prevent permanent eye damage from the energy produced by the laser.

Failure to comply with pre and post-care recommendations may increase the probability of complications.

Pre-Treatment:

- We only use the latest certified medical grade lasers for hair removal (not IPL).
- Most areas require 6 treatments to achieve 75% or more hair reduction.
- In general, we say 6-12 treatments are required to achieve 75% or more hair reduction. This can vary from person to person, treatment areas and skin type.
- We offer Laser Hair Removal packages to so ensure commitment and to obtain the best results possible. When you purchase 5 treatments you get the 6th one at 50% off. Another great benefit from our packages is after your 6th treatment, all touchups on that area are 50% off the per treatment price! (Exceptions 25% off full legs, full back and full chest).
- A package (6 treatments) must be completed within 18 months of purchase for further treatments to qualify for the discount of 50% (Exceptions 25% off full legs, full back and full front).
- As the Laser is attracted to pigment in the hair we can only treat hair that is pigmented. This means white, grey, blonde and red hairs will not be affected by the laser.
- It is important that no hair is present on the surface of the area to be treated, as overlying hair will absorb the laser energy and cause superficial thermal injury to the skin, as well as reducing the amount of energy absorbed by the hair follicle.
- Hair should be completely removed with a razor only, 24 hours before your appointment. *No* waxing, sugaring, tweezing, or threading 3 to 4 weeks before or during the course of your treatments, as this rips the hairs out of the follicles and the laser will not be effective. A close, clean shave, will result in a more comfortable and effective treatment.
- For optimal results treatments should be spaced 4-8 weeks apart for the face, 4-6 weeks apart for mid body and 6-8 weeks apart for legs. Sticking to your schedule will help ensure we get the best results possible.

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Pre-Treatment continued:

- Facial hair can be more stubborn, as it is hormonally driven. Maintenance treatments may be required with facial hair removal treatments as well as body treatments, as hormonal changes may occur. (Pregnancy, menopause and other normal hormonal fluctuations).
- Sun exposure should be avoided on the area(s) being treated. The proper use of a physical SPF can protect the skin and allow us to always give you the most effective treatment possible.
- As we are aiming for permanent hair removal, heat from the laser is essential. During the treatments there is a slight pinprick sensation of heat that may feel uncomfortable but should always be manageable. All our lasers have sapphire cooled handpieces that help to minimize this sensation and make the treatments as comfortable as possible.
- Ensure you inform Fresh Laser Skin Studio if you have a history of hyperpigmentation. In this case you will be prescribed a topical lightening cream to be applied for 2 to 4 weeks prior to treatment.
- All Melasma pigmentation must be pre-treated with a pigment regulator for a minimum of 2-4 weeks prior to any facial laser hair removal treatments.
- Confirm that you have not been on any medication that you have not informed us about. Accutane must be discontinued for at least 6 to 12 months prior to laser treatments. Other photosensitive medication (antibiotics) will need to be avoided during treatments as well.
- Heat from the laser may trigger cold sores. If you are prone to cold sores (herpes) in the area to be treated, you may need an anti-viral prescription from a medical doctor prior to having the treatment. Laser treatments cannot be performed during herpes breakouts, if in the treatment area.
- Topical Retin A prescriptions or medical grade topical retinols must be discontinued for a minimum of 3- 5 days in the treatment area prior to hair removal treatments and 3-5 days after treatment.

Post-Treatment:

- Erythema/follicular edema (redness & swelling around follicles) is a normal response that may last 24 to 48 hours. This may feel like a moderate sunburn.
- A red “razor burn” type rash may happen following your treatment and is normal. This is temporary and will subside after a couple days.
- Treated hairs may appear to be growing following treatment; however, this is actually the dead hair exfoliating. This may or may not appear within approximately 2-4 weeks post treatment.
- Avoid sports and/or strenuous exercises for 24 hours following treatment. Avoid hot baths, hot tubs, steam and sauna rooms for 8 -12 hours following treatment.
- Depending on the area and your personal growth cycles, multiple treatments are necessary over a span of 4-12-week intervals.
- Shaving is permitted between treatments. Do not use any other hair removal methods on the treated area during the course of the treatments (such as tweezing, waxing and depilatories), as it will prevent you from achieving your best results.

If you have any questions or concerns please do not hesitate to call us at 403-264-4494, email info@freshlaser.ca or check out our website www.freshlaser.ca for more information.

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Potential and common side effects that may occur with laser hair removal treatments:

- **DISCOMFORT/PAIN** - Some discomfort and/or pain may be experienced during treatment. Some areas are more sensitive than others. Topical anesthetic is available for purchase if necessary.
- **REDNESS/SWELLING/BRUISING** - Short term redness (erythema) and/or swelling (edema) of the treated area is common and may occur. Bruising, although not common, may also occur.
- **FRECKLES/PIGMENT** - Existing freckles/pigment in the treated area may temporarily or permanently disappear.
- **PUSTULES/ PIMPLES / CRUSTING** - may develop in the first few days following treatment.
- **HYPOPIGMENTATION/HYPERPIGMENTATION:** (changes in skin colour) - During the healing process there is a slight possibility that the treated area may become either lighter(hypopigmentation) or darker(hyperpigmentation) in colour compared to the surrounding skin. This is usually temporary, but on a rare occasion it may be permanent.

Complications and adverse reactions that may occur with laser hair removal treatments:

- **HISTAMINE/HIVES** - Some people may develop raised papules similar to hives that usually subsides within a few hours. On rare occasions antihistamines will need to be taken orally for a few days until reaction subsides.
- **WOUNDS** - Treatment can result in burning, blistering or bleeding of the treated areas.
- **SUN EXPOSURE / TANNING BEDS / ARTIFICIAL TANNING** - May increase risk of side effects and adverse events.
- **INFECTION** - Infection is a possibility whenever the skin surface is disrupted, although proper wound care should prevent infection. If signs of infection develop, such as pain, heat or surrounding redness, please seek medical attention and call our office.
- **SCARRING** - Scarring is a rare occurrence, but it is a possibility if the skin is disrupted. To minimize the chances of scarring, it is **IMPORTANT** that you follow all post-treatment instructions provided by your technician and available on our website.
- **PARADOXICAL HAIR GROWTH** - Stimulation of terminal hair growth following laser treatment. This can occur within or adjacent to treated area and is a higher risk in Middle Eastern and Mediterranean descent and those who have an ill-defined hair line with no obvious transition of the hairline to the face.
- **LEUKOTRICHIA** - Temporary or permanent gray hair
- **EYE EXPOSURE** - Protective eyewear or metal shields will be provided to you during the treatment. Failure to wear eye protection during the entire treatment may cause severe and permanent eye damage.

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The consent form will contain the above listed potential and common side effects, as well as the possible complications and adverse reactions. It will also contain the following statements that we will require you to acknowledge.

- I agree to contact Fresh Laser Skin Studio Ltd. if I have any questions or concerns/reactions with my treatment(s). I understand that 24 hrs. notice is required for appointment cancellation or rescheduling; or I will be responsible for a minimum cancellation fee of \$50.
- I confirm that I have not used a medical grade topical Retinol or a topical prescription Retin A in the treatment area, for a minimum of 3 days prior to my treatment or taken oral isotretinoin medicine such as "Accutane", in the past 6 months.
- I confirm that I am not pregnant. If I should become pregnant during the course of my treatments, I will inform Fresh Laser Skin Studio and understand I will not be able to continue with my laser treatments until after my pregnancy.
- I am aware my results may vary with each individual treatment, that multiple treatments may be required for satisfactory results and maintenance treatments may be necessary. There is no guarantee that the expected or anticipated results will be achieved despite your technician's best efforts and there are no refunds for services rendered.
- I understand and acknowledge all the possible risks/complications involved with laser hair removal treatments. I consent to receive laser hair removal treatments performed by Fresh Laser Skin Studio and I will not hold Fresh Laser Skin Studio liable for any risks/complications regarding laser hair removal treatments.
- I certify that I have read and fully understand the above paragraphs. I have had the opportunity for discussion and all my questions have been answered to my satisfaction.
- This signed consent will be for all laser hair removal treatments received within one year and I will notify Fresh Laser Skin Studio if there have been any changes in my health during this time.

Please contact us via email (info@freshlaser.ca) or phone (403-264-4494) if you have any further questions.

We look forward to providing you with the best results possible!

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Thank you.