



# Laser Skin Rejuvenation

## Pre & Post Treatment Information

*Laser Genesis/Pro/V+, Green Genesis, Laser Photo Facial, Laser Pigment & Vein Removal, Photofirm, Spectra Carbon Peel & T-Zone Touch*

At Fresh Laser Skin Studio, we want to ensure to give you the best experience and most effective treatment possible. In order to receive the best results, please be aware of the following points prior to your treatment and contact us if you have any questions.

Your Certified Laser Specialist will customize all laser settings according to the specific treatment being performed, your skin type and your comfort level, while maintaining the highest standards of safety. During treatments, the laser produces an intense, but gentle, burst of light that passes through the skin and is selectively absorbed by the target. The laser light generates heat within the target, destroying it without causing significant thermal injury to the surrounding tissue. The sensation of the laser is sometimes uncomfortable and may feel like a slight pinprick or sensation of heat, which may last a few seconds to a few hours. Everyone in the treatment room must wear protective eyewear in order to prevent permanent eye damage from this intense light produced by the laser.

Please note: All information and photographs are securely stored to ensure client confidentiality.

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

### Pre-Treatment

- Confirm that you are not currently on any photosensitizing medications. Accutane must be discontinued for at least 6 to 12 months prior to laser treatments. Other photosensitive medications, including antibiotics, will need to be avoided before and during the duration of laser treatments. Your technician will advise you of the necessary precautions if this is applicable to you.
- Inform your technician if there are any changes in your initial medical/medication history to enable accurate updates of your secure and confidential file.
- Neurotoxins (Botox, Dysport or similar) or fillers should be administered post-treatment or a minimum of 2 weeks prior to your treatment for neurotoxins and 4 weeks prior for fillers.
- Please let us know about any recent sun exposure to the area being treated. **Avoid unprotected sun exposure, tanning beds and self-tanning creams for a minimum of 3 to 4 weeks prior to your appointment** and for at least one week after the final treatment.
- Apply a broad-spectrum (UVA/UVB) mineral sunblock of SPF 50 whenever the area being treated is exposed to the sun. Reapply every 3 to 5 hours or after being in water. We recommend Colorescience Sunforgettable Enviroscreen SPF 50 Protection, available in a Face Shield, Body Shield and a lightweight mineral powder option. Feel free to ask us for a sample of one of these great SPF options.
- Ensure you inform Fresh Laser Skin Studio if you have a history of hyperpigmentation. In this case you may be prescribed a topical lightening cream to be applied for 2 – 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 laser treatment.
- Retin-A topical prescriptions or medical grade topical retinol products must be discontinued for a minimum of 3-5 days prior to facial laser treatments and 3-5 days after treatment.
- Using a good skin care regime at home can help to prep your skin for the upcoming treatment. Using medical grade skin care can create an overall healthier canvas for us to treat and give you a better outcome.
- Heat from certain treatments may trigger cold sores. If you are prone to 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.

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**Thank you**



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### Post Treatment: Expectations following Laser Treatments:

- Treated area may feel like a sunburn for a few hours, use a cold compress if needed
- Avoid exercising, hot tubs, or anything else that could cause excess heat or perspiration to the treated area for 24 hours following treatment
- Always apply a broad-spectrum (UVA/UVB) mineral sunscreen of SPF 30 or higher daily (physical sunscreen SPF 50 is recommended for the face) or whenever area is exposed to the sun, during and after the course of treatment
- Mineral makeup (recommended) may be applied after the treatment, ensuring a physical sunscreen of at least SPF 30 (SPF 50 recommended) is under your makeup
- It is imperative to **avoid direct and/or unprotected sun exposure** (and tanning beds and self-tanning lotions) to reduce the possibility of hyper or hypo pigmentation (dark or light spots). **Skin that has been exposed to the sun without any protection cannot be treated with a laser for at least 2-4 weeks, as melanin in the skin becomes activated and increases risks for burns and pigmentation changes**

### Laser Photo Facial, Laser Genesis V+, Green Genesis, Photofirm & Pigment Laser Treatments (not Picosecond laser treatments):

All these treatments involve **pigment** removal using a 532nm and/or 755nm millisecond laser

- Localized swelling, crusting and redness may occur. Treated lesions may appear darker and will continue to darken and likely crust, then slough off over the course of several days/weeks. It is very important **not to scratch or pick** at crusts, as this could cause **scarring!** Apply a water-based gel or equivalent to soothe and moisturize the skin.
- To achieve optimal benefit, 2-6 treatments may be necessary at 2-to-4-week intervals
- Area may appear flushed, feel warm and tight. Apply cool cloths, gel packs or ice packs (not directly on skin) to calm area
- Redness should fade over the course of a few hours for laser photo facial and 24-48 hours for other treatments
- Pigment may appear darker immediately after the treatment and can last for 3-7 days. This is a normal and expected response

### Laser Genesis Pro, Photofirm & Vein Treatments:

All these treatments involve **vessel/vein** removal using a 532nm and/or 1064nm millisecond laser

- The treated area will appear flushed and feel warm and/or tight, cool compresses or cloths may be used. Skin will be red, which could last 24-48 hours or more following treatment
- Swelling will occur in the treatment area and may take up to 72 hours or more to subside (dependent on location and volume of vessels treated)
- Treated area may blister, have tiny white bumps and/or scab. Very important **not** to scratch, rub or pick at crusts, as this may cause **scarring!**
- Bruising may occur in the treated area and will gradually fade. This may take up to 2 weeks on the face and longer for legs
- Avoid sports and/or strenuous exercises for 1-2 days for small areas and 7-10 days following treatment of large areas (legs)
- Compression stockings are recommended after vessel treatments on legs
- Multiple treatments at 3 week intervals for facial veins and 8-12-week intervals for leg veins, are often necessary
- Treatment will fade, reduce, or eliminate veins, however results vary with each individual

### Laser Genesis, Spectra Carbon Peel / Hollywood Facial & T-Zone Touch(Specialty)– Glow & Go Treatments

These treatments are designed to improve and maintain your skin health, while leaving you with a fresh, healthy glow

- Minimal flushing and area may feel warm and/or tight
- Single treatments for a special occasion or a refreshing treat
- Multiple treatments at 1-to-2-week intervals may be necessary to treat certain skin conditions
- May be combined with other treatments

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Please contact us via email ([info@freshlaser.ca](mailto:info@freshlaser.ca)) or phone (403-264-4494) with any questions or concerns you may have after your treatment.

### **Potential and common side effects that may occur with laser skin rejuvenation treatments:**

- DISCOMFORT may be minimal to moderate. Some areas are more sensitive than others. Topical anesthetic is available for purchase if required. Certain laser treatments include a prescription grade topical anesthetic or can be added on for an additional fee.
- INFLAMMATION which may include irritation, itching, pain, bruising, flaking, ingrown hairs, typically subside/fade in 5-7 days
- ERYTHEMA (redness) and mild to moderate "sunburn" like effects may last for a few hours to 2-5 days
- EDEMA (swelling) of the skin around the treatment site may last 2-5 days, but can be reduced with regular application of a cold gel pack
- PUSTULES or PIMPLES may develop in the first few days following treatment and gradually subside
- TEXTURE CHANGES - Transient texture changes often occur, but usually resolve with time
- BLISTERING, SCABBING or CRUSTING may occur and usually take 4-10 days to heal.
- PETECHIAE may be present after treatment and may last 3 - 5 days.
- FRECKLES/PIGMENT – Existing freckles/pigment in the treated area may temporarily or permanently disappear
- COINCIDENTAL HAIR REMOVAL – There is a possibility of coincidental hair removal when treating pigmented or vascular lesions in hair-bearing areas

### **Complications and adverse reactions that may occur with laser skin rejuvenation treatments:**

- COINCIDENTAL HAIR REMOVAL – There is a possibility of coincidental hair removal when treating pigmented or vascular lesions in hair-bearing areas
- HISTAMINE/HIVES - Some people may develop raised papules similar to hives, this usually subsides within a few hours. On rare occasions antihistamines will need to be taken orally for a few days until reaction subsides
- HYPOPIGMENTATION/HYPERPIGMENTATION: (changes in skin colour) - May develop temporarily after laser treatment. Hyperpigmentation can be worsened with sun exposure. Pigmentary issues typically resolve with time, but on a rare occasion may take up to 9-12 months to resolve or be permanent.
- SCARRING – Scarring is a rare occurrence but is a possibility if the skin is disrupted by picking or other abrasive scrubbing. To minimize chances of scarring, it is IMPORTANT that you follow all post-treatment information provided by your technician and also available on our website
- ALLERGIC REACTION – There is an unlikely, but potential risk of allergic reaction to any gel, lotion or numbing anesthetic that may be applied to the skin before or after treatment. Such risks include temporary swelling, itching and formation of a rash
- INTRAOCULAR LENSES – For treatments involving intraocular lenses (under eyelids), there is an unlikely, but potential risk of minor corneal abrasion and/or adverse allergic reaction to numbing drops
- SUN EXPOSURE / TANNING BEDS / ARTIFICIAL TANNING – May increase risk of side effects and adverse reactions
- EYE EXPOSURE – Protective eyewear or metal shields will be mandatory during treatment. Failure to wear eye protection during the entire treatment may cause severe and permanent eye damage

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- PRE & POST CARE – Failure to comply with pre and post-care information may increase the probability of complications. Please check our website [www.freshlaser.ca](http://www.freshlaser.ca) or call 403-264-4494 or email: [info@freshlaser.ca](mailto:info@freshlaser.ca) if you have any questions

Your 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 optimal results and maintenance treatments may be advisable. 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 skin rejuvenation treatments. I consent to receive laser skin rejuvenation treatments performed by Fresh Laser Skin Studio and will not hold Fresh Laser Skin Studio liable for any risks/complications regarding laser skin rejuvenation 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 skin rejuvenation 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](mailto: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**