

HAIR LASER INFORMED CONSENT

Reason/Benefits: For permanent hair reduction, **not** permanent hair removal. Laser hair removal is the safest and most efficient solution for permanently ridding yourself of unwanted hair. Its popularity as one of the most sought after non-invasive cosmetic procedures is not surprising, as so many people can now enjoy the lifestyle of lasting smooth skin and the convenience of no longer having to shave.

Risks, side effects, and complications: pain, discoloration, infection, burn, scar, and ineffective treatment. To prevent injury, the treatment setting will be set at a lower and safer setting, if your skin is dark or you are tanned. **This will likely decrease the efficacy of the treatment.** As such, it is important to avoid sun exposure and to wear sun block every day to reduce risk of complications. If you are tanned or have excessive sun exposure, please reschedule your appointment at least 6-8 weeks later for a safe and comfortable treatment. The laser hair removal treatment works best with dark, coarse hair and light skin with dark hair is the ideal combination.

Alternative to hair removal: Waxing, plucking, electrolysis, etc. However, removal of the hair follicle is not advised. To be effective, laser hair removal requires presence of the hair follicle to work, removal of the hair follicle will make laser hair removal ineffective. We advise you to shave to minimize unwanted hair. You should shave 1-2 days prior to your treatment.

Frequency and duration: For optimal hair reduction treatment, you will need 6-8 treatments done at intervals of 2-3 months, which is when hair grows back out again. Additional treatments for laser parameter adjustment is required if your skin is dark or tanned. Lasers treat hair follicles best when they are in their active state of growth. Because hair has three phases of development, Anagen (the growing phase), Catagen (the resting phase) and Telogen (the shedding phase) not all hairs are simultaneously growing. Only the active phase has hair follicle. The presence of which is required for destruction of stem cells of the hair follicle and thus permanent hair removal of the treated hair. As a result, multiple treatments are needed to achieve the highest levels of permanent hair removal.

Treatment: a laser hand piece will be applied to the skin of the treatment area and with each pulses, you will feel a **"hot rubber band sensation."** **Please let the doctor know if you are feeling pain instead of tolerable discomfort.** Oil will be applied to your skin before treatment and you will be given goggles to wear during treatment. During treatment even with the goggle you might see/feel flashes of bright lights, which is normal. Safe and effective treatment is achieved by destroying hair follicles without causing damage to the epidermis (the tissue making up the skin composition surrounding the hair shaft). In selecting optimal treatment settings, the doctor must balance many variables, which is why the right laser platform combined with a highly experienced doctor is essential. Once we destroy a hair follicle, it will never produce hair again. Any remaining hair follicles will produce hairs that are lighter and thinner, requiring much less attention than before. We offer clearance of roughly 85-99%, with some variation from person to person. New hair follicles may form over time as a result of aging, hormonal changes, and individual genetics. For these reasons, some clients elect to schedule annual touch-up treatments to maintain their results.

Duration of treatment: few minutes to a few hours depending on the size of the area being treated.

Post treatment precautions: Avoid sun exposure, tanning booths, spray tan, and wear sun screen on a daily basis. Apply ice, aloe vera, and topical OTC cortisone if you feel **heat** or **swelling** in the treated area. **Reschedule if you are tanned either from sun/tanning booths or sprayed tan or had sun exposure.**

Post treatment expectation: Hair will fall off within 1-2 weeks. For the first few days, there might be some redness or bumpiness over the hair follicle. Please call our office at 510-226-8832 if you need advice.

I, _____, consent to the treatment known as the Hair Laser treatment. This treatment has been explained to me and I have had the opportunity to ask questions regarding the procedure. I understand that these treatments are not an exact science and the degree of my improvement is variable.

By my signature below, I acknowledge that I have read the information and consent and that I have been given the opportunity to ask questions and that my questions have been answered to my satisfaction. I have been adequately informed of the risks and benefits of this treatment and I wish to proceed with the Hair Laser treatment.

I have been informed and understand that my treatments will cost \$ _____ per treatment. I also understand that any appointment that I make that is not cancelled within 48 hours I will be charged a (\$50 or forfeiture of one of the treatment) no show fee.

Patient Name (print): _____

Patient Signature: _____ **Date:** _____

Witness: _____