



NAME \_\_\_\_\_ CHART \_\_\_\_\_ DATE \_\_\_\_\_

## **PRE-TREATMENT INSTRUCTIONS HAIR REMOVAL**

### **DON'T PLUCK**

Prior to a laser hair removal treatment, patients must abstain from tweezing, waxing, or any other unwanted hair treatment that removes hair from its root. There must be hair in the hair follicle for laser hair removal to work. The laser is attracted to the melanin, or pigment, of the hair. The hair must be in its anagen, or active, growth phase.

### **DON'T TAN**

You should also avoid sun exposure in the 4-6 weeks prior to your laser hair removal treatment. Tanned skin has extra melanin, which attracts laser energy.

### **DON'T MOISTURIZE**

Right before your laser hair removal treatment, avoid applying any lotion, sunscreen, perfume, or other similar cosmetics to the surface of your skin.

### **SHAVE**

Shave 1-3 days before your session. The idea is to have a nice, close shave, so that there is no hair outside the skin. It is best to have just enough hair to be visible so your laser technician knows what is to be treated.

**There may be some slight charring of the small amount of stubble that gets hit by the laser. So, if you notice an odor of singed hair, that's normal.**





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## POST-TREATMENT INSTRUCTIONS HAIR REMOVAL

1) Immediately after treatment, there may be mild redness and swelling at the treatment site, which may last up to 2 hours or longer. The redness may last up to 2-3 days. The treated area may feel like sunburn. Apply ice packs or gel packs (do not apply direct ice) for first few hours after treatment to reduce any discomfort or swelling. If redness or swelling persists, ice packs can be continued.

2) Makeup may be used immediately after the treatment unless there is blistering.

3) Avoid sun exposure until skin has returned to its normal baseline (no redness or swelling).

4) Avoid picking or scratching the treated skin. Do not use any other hair removal treatment products or services (waxing, electrolysis or tweezing) that will disturb the hair follicle in the treatment area.

5) Wash the treated area and pat dry for 3 days after treatment. Do not scrub.

6) Start gently scrubbing treated area on the 4th day (exfoliate).

7) Anywhere from 5-10 days after the treatment, shedding of the surface hair may occur and this appears as new hair growth. This is not new hair growth, it is the shaft that was below the skin and is being expelled. It may take 7-10 days for the shafts to be fully expelled.

8) There are no restrictions on bathing except to treat the skin gently, as if you had sunburn, for the first 24 hours.

At the next visit, it is important for the patient to let the practitioner know how long the redness lasted after treatment and when significant hair growth was noticed in the area. This info will allow the practitioner to individualize treatments to achieve the desired results.





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## CONSENT TO TREATMENT

### Hair Reduction/Modification with Spectrum 810 Diode Laser

I authorize and consent to the treatment of Hair reduction/modification with the Spectrum 810nm Diode Laser System manufactured by Rohrer Aesthetics, LLC.

I have been advised of the purported advantages and disadvantages associated with this treatment.

I understand that treatment with this laser system varies from patient to patient and that that more than 1 treatment may be required.

Although rare, adverse outcomes such as hyperpigmentation and/or hypopigmentation (darkening or lightening of the skin), skin texture changes, and trace scarring can occur.

No guarantees have been made to me regarding the outcome of the treatment or any improvements in my condition due to the procedure.

I understand that the possible benefits are the reduction and possibly the elimination of unwanted body hair.

Due to the brilliance of the laser light energy used, I agree to wear eye protection to shield my eyes.

I have been given the opportunity to ask questions and have received satisfactory answers to those questions.

I hereby authorize the taking of photographs.

I hereby indemnify and hold harmless Rohrer Aesthetics, LLC and their employees, the treating technician, and the staff of the Ferguson Clinic from any and all liability, damages, costs and expenses arising from or out of the use of the Spectrum 810nm Diode laser for treatment of hair reduction/modification.

With all of the above information understood, I am choosing to be treated with the Spectrum 810nm Diode laser System.

\_\_\_\_\_  
Patient/Guardian's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness' Signature

\_\_\_\_\_  
Date