



4716 Alliance Blvd. Pavilion II, Suite 270
Plano, Texas 75093
214-577-1777

Laser Hair Removal

What is Laser Hair Removal?

Laser hair removal is a medical procedure that uses a laser — an intense, pulsating beam of light — to remove unwanted hair. During laser hair removal, a laser beam passes through the skin to an individual hair follicle. The intense heat of the laser damages the hair follicle, which inhibits future hair growth. Laser hair removal is most effective for people who have light skin and dark hair. Although laser hair removal effectively slows hair growth, it doesn't guarantee permanent hair removal. It typically takes several laser hair removal treatments to provide an extended hair-free period. Periodic maintenance treatments might be needed as well.

Why is Laser Hair Removal done?

Laser hair removal is used to remove unwanted hair. Common treatment locations include legs, underarms, upper lip, chin and bikini. However, it's possible to treat unwanted hair in nearly any area — except the eyelid or surrounding area. Hair color and skin type influence the success of laser hair removal. For example, laser hair removal is most effective for people who have light skin and dark hair because the laser beam targets the pigment (melanin) in the hair. However, advances in technology have made laser hair removal an option for people who have darker skin. Laser hair removal isn't generally effective for white, gray, red or blond hair — although treatment options for lighter hair continue to be investigated.

What are the risks of Laser Hair Removal?

Laser hair removal doesn't guarantee permanent hair removal. Some hair could be resistant to the laser treatment or grow again after treatment although the new hair growth might be finer and lighter in color. The most common side effects of laser hair removal include:

***Skin irritation.** Temporary discomfort, redness and swelling are possible after laser hair removal. Any signs and symptoms typically disappear within several hours.

***Pigment changes.** Laser hair removal might darken or lighten the affected skin, usually temporarily. Skin lightening primarily affects those who have darker skin, especially if an incorrect laser is used at an incorrect setting. Rarely, laser hair removal can cause blistering, crusting, scarring or other changes in skin texture.

Laser hair removal isn't recommended for the eyelid or surrounding area, due to the possibility of severe eye injury.

How should I prepare for Laser Hair Removal?

***Stay out of the sun.** A tan increases the risk of side effects, such as skin lightening. If you have a tan — either from sun exposure or sunless tanning products — wait until the tan fades completely before undergoing laser hair removal. Some doctors recommend staying out of the sun for up to six weeks before laser hair removal.

***Avoid tweezing, waxing, depilatories, etc.** These hair removal methods can disturb the hair follicle and interfere with laser hair removal. Shaving is OK since it preserves the hair shaft and follicle. In fact, we require that you shave the area before laser hair removal to receive maximum results.

***Taking antibiotics.** If you are taking a photosensitizing drug, such as an antibiotic, you must wait two weeks after your last dosage for any laser hair removal treatment. Your skin is more sensitive because of the drug and the laser could cause damage to your skin such as hyperpigmentation or hypopigmentation.

What can I expect from Laser Hair Removal?

During the procedure:

The laser technician will press a hand-held laser instrument to your skin. Depending on the type of laser, a pulse with cooling on the tip of the instrument or suction from the laser will occur. When the laser technician activates the laser, the laser beam will pass through your skin to the tiny sacs (follicles) where hair growth originates. The intense heat from the laser beam damages the hair follicles, which inhibits hair growth. Some patients will feel a slight discomfort in the skin. Treating a small area, such as the upper lip, might take only a few minutes. Treating a larger area, such as the back or full legs will take from 30-45 minutes.

After the procedure:

You might notice slight redness and/or swelling for the first couple hours after laser hair removal. To reduce any discomfort, apply an ice pack to the treated area. Your laser technician might also suggest an aloe gel or other type of cream or lotion, as well as over-the-counter pain relievers. If you have a skin reaction immediately after laser hair removal, the laser technician might apply a steroid cream to the affected area. This is unlikely to happen but could occur. After laser hair removal, avoid induced sun exposure — both natural sunlight and tanning beds. Always use sunscreen whenever you're in the sun. Avoid pools, hot tubs, saunas, etc. your first 24-48 hours, as well as any induced sweating. This will include going to the gym, boot camp, working in the yard, etc. You do not want to get your core body temperature up. This could cause irritation in the treatment area. You might also prepare yourself for possible hair shedding in the first few weeks after treatment. Don't mistake this for hair regrowth.

What will my results be with Laser Hair Removal?

Results of laser hair removal vary greatly from person to person. Multiple treatments can prolong the duration of hair loss — up to years in some cases — but hair regrowth is still possible. For best results, you will need to start with six treatments spaced a number of weeks apart anywhere between 4, 6, 8 or 10 weeks. After your six treatments, you and your laser technician will re-evaluate your progress. Additional treatments may be necessary especially for darker skin types. Everybody is different as each body part is different. What works for you will not work for the next person.

Post LHR Care Instructions

- Immediately following your laser hair removal treatment you may experience redness or minor swelling of the skin, similar to a mild sunburn. These normal tissue effects are temporary and usually disappear within 24 hours. Cold packs or soothing aloe vera gel may be used to ease discomfort. Acetaminophen (Tylenol), aspirin or ibuprofen (Advil, Nuprin) may also reduce post treatment discomfort.
- A small percentage of individuals will experience mild peeling of the skin. This peeling is similar to the effects of sunburn. Avoid vigorous removal of the peeling skin to reduce the risk of scarring. If the skin blisters, an over-the-counter antibiotic such as Bacitracin or Neosporin may be applied twice a day. Please contact our office if you develop any blistering.
- Take care to prevent trauma and friction to the treated area for the first 24-48 hours following treatment. Treat the area gently. Avoid tight fitting clothing that would put pressure on the area. Avoid rubbing, scratching or picking at the treated areas. Avoid hot showers, baths, soaking in a hot tub or swimming in a chlorinated pool. Also avoid any induced sweating such as working out, boot camp or yard work.
- Avoid direct or induced sun exposure (natural or artificial). If sun cannot be avoided, be sure to use a broad spectrum sunscreen with an SPF of at least 30 and cover up to protect the area. Also, do not use self-tanners or spray tans.
- To prevent skin irritation, avoid applying makeup for 24 hours, if possible. Mineral makeup is ok to use.
- Avoid waxing, tweezing, or use of depilatories between treatments. SHAVE ONLY!!
- During the treatment period, sun block should be used whenever treated area is exposed to the sun. Sun tanning increases the melanin (pigment) in the skin and increases the risk for burns and blistering during treatment.



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Laser Hair Removal Informed Consent

_____ I understand that the laser is intended for hair removal and that clinical results vary with different skin types, hair color and location. I understand there is a possibility of side effects such as scarring & discoloration as well as short term effects as redness, mild burning, blistering, hyper/hypopigmentation. In rare cases, increased hair growth has occurred.

_____ I understand to achieve maximum results the protocol prescribed by MA of ND should be adhered to. The treatment schedule is designed to maximize the results during the treatment of each hair cycle. Darker skin types will require more treatments.

_____ I understand to stop tweezing, waxing, bleaching, using depilatories or any other substance that will damage or remove the hair follicle. I understand I need to shave, trim, clip or cut any surface hair before my treatment. If the hair is in an area that I cannot easily shave myself, the area will be shaved by a licensed professional at no charge. If I forget to shave the area before treatment and the licensed professional shaves the area, there will be a \$25 charge.

_____ I understand that sun exposure MUST BE avoided for two weeks prior to my treatment. If a tan or sunburn is present, my treatment will be postponed. This also includes self-tanners and spray tans.

_____ I understand that if I am on or have been on an antibiotic, I MUST wait till two weeks after my LAST dose to have my treatment, as antibiotics are photosensitizing and can cause a burn to my skin.

_____ I understand that the effectiveness of my treatment is dependent upon the presence of melanin in my hair; therefore, it will not work on white, gray, red or blonde hair.

_____ I understand treatment efficacy varies by individual and results cannot be guaranteed.

_____ I understand laser hair removal is an elective procedure and not medically necessary, therefore not covered by insurance. Any complications requiring additional medical care and/or treatment or revisionary procedures would be your responsibility.

I acknowledge that I have read and understand the information and instructions of Laser Hair Removal. I feel I have been adequately informed of the risks of Laser Hair Removal as well as alternate methods of treatment. All of my questions have been addressed and answered to my satisfaction. I agree to the terms of this agreement. With this in mind, I hereby consent to Laser Hair Removal treatments, performed by Medical Aesthetics of North Dallas.

Signature of Patient

Date: _____

Signature of Patients Parent/Legal Guardian, if Patient is Under 18

Date: _____

Medical Aesthetics of North Dallas Rep

Date: _____