

Laser Hair Removal Informed Consent

Laser hair removal is a non-invasive laser treatment designed to remove unwanted hair from all parts of the body. The laser device works by emitting pulses of laser energy that penetrate the skin and destroy hair follicles without damaging the surrounding skin. You may feel a slight burning, stinging or pinching sensation during the procedure. You will be required to wear protective eye glasses during the procedure. Treatment of course dark hair generally achieves the best results while removal of light fine hairs may require additional treatments which may or may not be successful. Clinical results of LHR may also vary depending on individuals hormone levels and hereditary influences. Future hormonal changes may cause new hair growth. LHR is generally performed in a series of 6 treatments. LHR is a voluntary cosmetic procedure which is not necessary or required. It generally takes 10 to 21 days after the procedure for the treated hair to fall out.

Not candidates for LHR:

- Pregnant, nursing or planning to become pregnant while undergoing LHR treatments.
- Patients who have used Accutane within the past 6 months or who use any medications that require limited light exposure.
- Patients who have recently tanned skin are advised to delay LHR treatments.
- The laser may not be effective on blonde or grey hair.

Complications: All medical and cosmetic procedures are associated with possible risks and may result in complications. Possible risks and complications associated with LHR procedure include...

- Temporary reddening, burning, swelling, bruising or discoloration of the skin in the treated area.
- Blistering, scarring, activation of cold sores, infection or permanent discoloration, which may occur in rare cases. Please inform us if you have ever had cold sores.
- Folliculitis, which is an infection of the hair follicle, which may take several days to resolve.
- Hyperpigmentation (darkening of the skin) or hypopigmentation (lightening of the skin), which are rare and may take several months to resolve.
- Crusting or blistering of the area exposed to laser, which is rare and may take several days to resolve.
- Some regrowth of hair may occur after treatment sessions are completed.
- Patients with hormonal complications such as PCOS may experience partial results or ongoing touch up treatments.

Prior to Treatments:

- **Do not** wax, tweeze, thread, use depilatory agents or have electrolysis 2-4 weeks prior to treatment, only shaving is permitted. It is best to avoid any of these methods of hair removal besides shaving, while receiving LHR treatments.
- Avoid tanning and/or prolonged sun exposure 2-4 weeks prior to treatments.
- Shave area to be treated 24-48 prior to procedure., stubble is needed to visualize area.
- Do not use any self tanner while having LHR procedures.
- Do not use Retin-A or Tretinoine one week prior to LHR treatments. Do not take Accutane 6 months prior to treatments.
- Do not wear make-up, deodorant, perfumes or powder on areas being treated.
- If you are prone to cold sores or have a history of herpes, you may need to have your physician to prescribe suppressive therapy to be taken the day before your procedure.

Post Treatments:

- Continue prescribed suppressive therapy for cold sores or herpes if needed.
- Avoid extended direct sunlight for at least one week post treatment.
- Limit Do no rub, pick or scratch treated area. If extreme itchiness is present you may take a benadryl or use over the counter hydrocortisone on the treated area.
- Discomfort , such as swelling or redness can be relieved with Tylenol or by applying ice.
- It is best not to use makeup for three days on the treated area. If make-up is a must, you should apply and remove it very delicately. Excessive rubbing can cause trauma to the area and may increase the chance of scarring or hyper pigmentation.
- Do not shave for a minimum of 3 days post treatment.
- Do not occlude the underarm with deodorant for three days. Use a light powder instead.
- When showering, always gently rinse with cool or tepid water and gently pat the area dry. Do not rub.
- Treated hair will exfoliate or push out in approximately two to three weeks (sometimes sooner), and may appear darker and thicker before falling out.
- Avoid swimming, hot tubs, strenuous exercise or sweating for two to three days post treatment.
- Keep treated area clean.
- **If treated area becomes tender or shows of infection such as pus or if you develop a fever, contact the office at 407-478.3151 or you may email somoplasticsurgery1@gmail.com for after hours.**

By signing this Informed Consent, you understand and agree as follows:

- 1. The information contained in this Informed Consent was explained to me using terms I could understand and all my questions and concerns have been answered.**
- 2. I understand that LHR is an elective procedure and hereby freely accept all possible risks, complications and side effects that may result from this procedure.**
- 3. I agree to return for any recommended follow up visits and follow all pre/post-procedure instructions.**
- 4. I understand that no guarantees have been made to me regarding the outcome of LHR procedure.**
- 5. This consent form is valid for all future laser hair removal treatments performed and I will alert staff if there are any future changes to my medical history or if I become pregnant.**
- 6. I understand that payments for LHR are non-refundable.**

Date: _____ **Patient's Name:** _____

Patient's Signature: _____

Remember to achieve the desired results; the specified number of treatments must be adhered to. Skipping treatments, even when it appears you have achieved the results, will result in a less than adequate outcome.