



**VEGA**  
MedSpa

Name \_\_\_\_\_ Date \_\_\_\_\_

## Laser Hair Reduction Consent

**About Laser Hair Reduction.** The Sciton<sup>®</sup> laser diminishes and removes unwanted hair by using a broad band of light (BBL) which selectively targets the melanin inside hair follicles. Follicles are destroyed with the absorption of laser energy. The best results are achieved in individuals with contrasting skin and hair color: i.e. light skin with dark hair. Effective hair reduction takes place during the active growth phase, thus several sessions are required.

**Skin Consultation & Typing.** During your consultation, your provider will determine your skin type, known as **Fitzpatrick Rating**. Not all skin types are good candidates for laser hair reduction. Patients with higher Fitzpatrick skin types may have an increased risk with laser treatments.

**Treatment Recommendations.** Hair reduction requires more than one treatment and does not completely remove all hair. In general, individuals can expect to see the amount of hair growth in the treated area decrease by 60-90%. Results depend on hair color and location. In general, 4 to 12 treatments spaced 4 to 8 weeks apart are needed for optimal results. Maintenance treatments may be required.

**Alternative Treatments.** Alternative methods of hair reduction include shaving, waxing, electrolysis, tweezing, chemical depilatories and threading.

**What to expect during the treatment.** Most patients tolerate laser hair removal well and describe the sensation similar to that of a rubber band snapping against the skin or bursts of heat. Since pain tolerances vary, please discuss any concerns about pain with your provider so that we may ensure your comfort. Topical anesthetics are not typically used because of the risk of lidocaine toxicity if applied over large surface areas. Topical anesthetics may be used at the discretion of your provider for small areas.

**Safety.** Our providers have undergone specific Sciton<sup>®</sup> laser training and follow precautions and guidelines to ensure safety during the treatment. These include universal precautions as well as protective eyewear while the laser is in use. In addition, you will be asked to remove reflective or metallic items like jewelry and watches during the treatment as these may cause injury or damage.

### Common side effects and risks

- **Redness** may occur in the treatment area and can last several hours.
- **Swelling** around the hair follicles is expected and temporary.
- **Itching or hive-like rash** can occur and usually subsides within a few hours.
- **Blisters** are rare but can be seen up to 48 hours after treatment.
- Both **hyperpigmentation** (browning) and **hypopigmentation** (lightening) of the skin can occur and usually resolves within 2-6 months.
- **Permanent change to skin color** is rare and the risk of this will be minimized by adherence to before and after instructions.
- **Tattoos, permanent makeup and moles** may be altered by the laser.
- **Cold sores (herpes simplex virus)** can present after laser hair treatments.

**Important cautions before your treatment. Please check all that apply.**

- If you have a history of **keloid formation** or **excessive scarring**.
- If you are **using products that sensitize your skin**: hormones, birth control, steroids, **Accutane, Retin-A** or those containing **glycolic acid or other alpha-hydroxyl acids**.
- If you have frequent sun exposure or have an upcoming vacation planned.
- If you are currently using self-tanning creams or going to tanning booths.
- If you have **compromised skin (e.g. open sores)** or history of **poor wound healing**.
- If you have **tattoos or permanent makeup**.
- If you have recurrent viral infections like **cold sores (herpes simplex) or shingles (varicella)**.
- If you have a personal or a family history of **skin cancer**.
- If you are **pregnant or nursing**.

**By signing this consent form, I agree to the following:**

- I have read and understood the information presented to me and all of my questions have been answered to my satisfaction.
- The benefits of laser hair reduction and alternative treatments have been explained to me and I choose to proceed with laser hair reduction.
- I agree to follow all before & after instructions and understand that failing to do so may negatively affect my outcome and increase my risk of complications.
- I understand that laser hair reduction is a cosmetic procedure.
- I have been provided with the cost of this procedure and I agree to pay Vega MedSPA in advance and in full.
- While every effort will be made to ensure the best possible results, no guarantee of results are stated or implied.
- I accept the terms of this consent and understand that they apply to all the sessions in this laser hair reduction series for the body part stated below.
- I understand that the long term risks of phototherapy BBL laser treatments may not be fully known. The information presented to me today is based on recent studies and I will not hold Vega MedSPA responsible for any BBL risk not yet discovered or commonly known.

I authorize a designated practitioner of Vega MedSPA to perform laser hair reduction on the following area(s):

\_\_\_\_\_

Name \_\_\_\_\_

Provider \_\_\_\_\_

Signature \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

Date \_\_\_\_\_



## Laser Hair Reduction Instructions

### Before

- Inform your provider of any changes in your health history or medications prior to each session.
- **Shave the treatment area 2-3 days before the service or as indicated by your provider.**
- Before and in between your sessions, **do not** use any method of hair removal (other than shaving) on the treated area. No waxing, electrolysis, tweezing, chemical depilatories or threading.
- Avoid the sun 2 weeks before: apply sunscreen, no tanning booths or use of self-tanning creams.
- You must discontinue isotretinoin (Accutane) 1 year before your treatment.
- You must stop using products containing tretinoin (Retin-A) 2 weeks before your treatment.
- If you were prescribed prophylactic medication for history of cold sores, use as directed.

### After

- Be very gentle with your skin following your treatment.
- Immediately afterwards skin may have a sunburned sensation. This should subside quickly.
- Cold compresses or cloth-covered ice packs may be used for comfort.
- It is common for skin to develop redness 4 to 8 hours after the treatment.
- Since your hair is in varying growth phases, it is normal to see some hair growth.
- Itching/hives can be seen and Benadryl or Zyrtec may be used for relief.
- Avoid any direct sunlight for 7 days after since skin is more prone to sunburn and pigment changes.
- Keep treated areas covered (large hat, sunglasses) and apply SPF 30 or greater. Reapply every 2 hours if exposed to the sun.
- Do not use any active products (Retin-A, glycolic, salicylic or alpha-hydroxy acids) for 1 week afterwards.
- Avoid shaving for 48 hours.
- Avoid swimming pools, hot tubs or activities that can cause excessive perspiration for 48 hours.
- If you have mild pain, oral medicines like Ibuprofen (Motrin) or Acetaminophen (Tylenol) may be used.

**If you develop any signs of infection (drainage that looks like pus, more warmth around the treated area, fever of 101.5 or greater)**

**or if you have any questions or concerns please call our office  
at (585) 383-4040 or (585) 453-2273 after hours or on weekends.**

I have reviewed the above Laser Hair Reduction Instructions with my provider and received a copy.

Name \_\_\_\_\_

Provider \_\_\_\_\_

Signature \_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

Date \_\_\_\_\_