

LUTRONIC CLARITY II LASER HAIR REMOVAL

PRE-TREATMENT PATIENT INSTRUCTIONS

- The area to be treated must be cleaned and SHAVED 24 hours or less, prior to treatment.
- Avoid the sun 4-6 weeks before and after treatment. A sunscreen of SPF 30 or greater should be used when exposed to the sun for several months before and after your treatment, or as long as you plan to continue treatment. Pigmented cells in your skin compete with melanin in your hair and may produce side effects of discoloration (darker or lighter pigmentation) after treatment or make the treatment less effective.
- Aspirin, ibuprofen, naproxen should be discontinued 7 days prior to treatment and two weeks after treatment (please check with your primary care physician if prescribed for medical reasons).
- The following herbal supplements should be discontinued 7 days prior to treatment: ginkgo, ginseng, garlic, fish oil, vitamin E, and iron.
- Certain topical medications or skin care products may need to be stopped 3-5 days prior to treatment. Examples include Retin-A, Vitamin C, and Glycolic acid.
- You **MUST** avoid electrolysis, bleaching, plucking or waxing hair for 4-6 weeks prior to treatment. The melanin-containing hair must be present in the follicle as it is the "target" for the laser light.
- If you have had a history of perioral or genital herpes simplex viral infection, an antiviral medication will be prescribed prior to treatment (please inform us if you require a prescription).
- If you have a tan or have a darker skin type, a lightening regimen for the surrounding skin may be started 4-6 weeks before treatment.
- **RECENTLY TANNED SKIN CANNOT BE TREATED! If treated within 2 weeks of active (natural sunlight or tanning booth) tanning, you may develop hypopigmentation (white spots) after treatment and this may not clear for 2-3 months or more.**
- The use of self- tanning skin products **must** be discontinued one week prior to treatment. Any residual self-tanner should be removed prior to treatment.

INTRA-TREATMENT CARE

- Shave area to be treated immediately before treatment. **DO NOT** leave any stubble on skin, as the external hair acts as a heat sink and may burn the skin.
- Please arrive 10 minutes prior to your scheduled appointment time.
- Topical anesthetic cream or local injection of anesthetic may be administered prior to the treatment for your comfort. You may choose to be treated without

local anesthesia. If you prefer to be treated with topical anesthesia, please arrive 30-40 minutes prior to your scheduled appointment time.

- The skin must be clean and dry. If you apply lotions, perfumes, make-up, deodorant, self tanners, please clean them off with gentle soap and water provided.
- When cleaning the skin with alcohol, make sure the alcohol is completely removed and the area rinsed prior to treatment.
- Please do not use hairspray or other flammable products on the day of treatment.
- If applicable, please take the prescribed antiviral medication at least 2 hours prior to treatment.
- When treating the upper lip, the teeth may be protected with moist white gauze, especially if you wear metal retainers. The gauze also serves to support the lip during treatment, allowing a surface to push against.
- The ICD (cryogen cooling device) will be used with the laser to cool the skin during treatment.
- Safety considerations are important during the laser procedure. The patient, and all personnel in the treatment room will wear protective eyewear, during the procedure to reduce the chance of damage to the eye. In addition, we will take all necessary precautions to ensure your safety.

POST-TREATMENT PATIENT INSTRUCTIONS

What to Expect Post-Treatment

- Immediately after treatment, there should be erythema (redness) and edema (swelling) of each hair follicle in the treatment site, which may last up to 2 hours, or longer. The erythema may last up to 2-3 days. The treated area may feel like a sunburn for a few hours after treatment. The appearance of perifollicular redness and swelling may be altered if a topical anesthetic is used, as the topical may cause blood vessels to constrict.
- After laser hair removal, the treated hair may not shed immediately. Please be reassured that the hair will eventually exfoliate. Anywhere from 5-14 days after the treatment, shedding of the treated hair may occur.
- Approximately 20% reduction of hair growth is anticipated 4-8 weeks following each procedure.

Post-Treatment Care

- Cool compresses or cold gel packs or chilled aloe Vera gel may be applied after treatment.
- Hydrate the skin with a non-comedogenic moisturizer twice daily.

- Avoid irritation. Avoid picking or scratching the treated skin. **Do not use** any other hair removal treatment products or similar treatments (**waxing, electrolysis or tweezing**) that will disturb the hair follicle in the treatment area for 4-6 weeks after the laser treatment is performed. Shaving may be used.
- **Avoid sun exposure to reduce the chance of hyperpigmentation (darker pigmentation).** A moisturizing SPF 30-plus sunscreen should be applied daily prior to the next treatment.
- After the axillae (underarms) are treated, you may wish to use a powder instead of a deodorant for 24 hours after the treatment to reduce skin irritation.
- There are no restrictions on bathing except to treat the skin gently, as if you had a sunburn, for the first 24 hours.
- Once skin irritation resolves, you may resume your routine skin care regimen.
- Return to the office or call for an appointment at the first sign of the return of hair growth. This may be within 4-6 weeks for the upper body and possibly as long as 2-3 months for the lower body. Hair regrowth occurs at different rates on different areas of the body. New hair growth might not occur for AT LEAST three weeks after treatment.
- Please contact your doctor with any questions or concerns.

The following conditions may influence the ability to undergo treatment:

- History of keloids
- Pregnancy
- Autoimmune disease
- Cold sensitivity or Raynaud phenomenon.
- Active skin infection or open wounds at the time of treatment
- Outbreak of perioral herpes (cold sores) and genital herpes at the time of treatment
- History of Accutane (isotretinoin) or Soriatane (acitretin) within 6 months of treatment
- History of photosensitivity to 755 nm or 1064 nm light
- Light-triggered seizure disorders
- Photosensitizing medications. Stop the medication if possible for 3-5 days prior to treatment.
- Recently tanned skin: Do not treat recently tanned skin. Blisters and hypopigmentation or hyperpigmentation may occur. Allow tan to fade prior to treatment.
- Tattoos: Do not treat tattooed skin, including decorative, permanent makeup and radiation port tattoos.
- Implanted medical devices: pacemakers, cardioverters and other implantable devices or fillers: consult your physician prior to treatment.
- Medications: daily anti-coagulation therapy, iron supplements, vitamin E, fish oil, herbal supplements such as ginkgo, ginseng or garlic may interfere with treatment.

- Topical medications and skin care products: stop 72 hours pre- and post-treatment. Self-tanning products must be removed.

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