

Patient information sheet prior LightSheer™ treatment

Eye care - it is important to wear the safety goggles, as the laser is dangerous to the naked eye. It can in no way harm the eyes, unless pointed directly into the eyes without the safety goggles.

1. Treatment possibilities and limitations

a. Optimal hair conditions for a LightSheer™ treatment

- Laser hair removal will bring optimal efficiency on coarse pigmented hair.
- Everybody differs and the therapist will discuss a realistic expectation.
- The hair reduction rate will depend on the body location and on the hair texture.
- The laser treatment only treats the effects of pilosity (hairiness) but not the root cause.
- The influence of hormonal changes, for instance, could interfere with the growth cycle and stimulate follicles in a dormant stage.
- **Laser hair removal will only work on dark hair.**

b. Number of sessions

- The hair cycle is complex and varies from one body location to another.
- The number of sessions depends also on the skin type and the nature of the hair (colour and thickness).
- *On average*, one treatment will require at least 4 to 8 sessions. The face, however, may require 6 to 12 sessions.

c. Interval in-between sessions

- Only growing and mature hair can be effectively treated, thus meaning hair in the active growth/Anagen phase.
- Your next appointment will be scheduled accordingly.
- The minimal interval time between two consecutive sessions:
 - Approximately 6 weeks for facial/neck areas.
 - Approximately 8 to 12 weeks for body areas.

2. Care and recommended guidelines

a. Prior the session avoid

i. Sun exposure

- For an optimally effective and safe treatment, **sun exposure is to be stopped at least 6 weeks prior to session.**
- The intake of *sun activators* or the use of *chemical self-tanning lotions* is to be stopped 3 weeks prior to session.

ii. Medication and nutritional complements

- It is mandatory that you mention all the medication and nutritional complements that you take. Some of their components might be photosensitive or photo-fragilizing to the skin.

iii. Skin preparation

- Prior to session the skin should be clean. Neither make-up nor fragrance should remain. If you applied a preparation with essential oils, it is very important to mention it.
- The area to be treated should be **ideally shaved the day prior to the treatment session.** If not, it will be shaved on the same day.
- If shaving is not tolerated on facial areas for instance, depilatory creams (hair removal creams) or curved scissors may be used.
- It is **very important not to wax or pluck** the hair out with any other means different from shavers or depilatory creams at least 4 weeks prior the session.
- The use of *bleaching creams* is to be stopped 3 weeks prior the session.

b. During the session

- During the session, you will feel a "warm prickling ". This feeling only lasts the duration of the session. Some people find it extremely painful but most find it just uncomfortable.
- **On dense areas, a *peri-follicular erythema/oedema (reddening/swelling)* may take place, as may scabbing, blistering, *hypo/hyper pigmentation* or a light sun burn feel. This will only last for a couple of days.**
- **On darker skins a delayed reaction may occur. This is normal.**

c. After the session

i. *Tanning*

- For as long as you experience a post-treatment skin irritation, **you have to protect your skin with a high SPF sun block and avoid any sun exposure that, without protection, could lead to the development of post-treatment pigmentation.**
- **The planning of holidays to the sun in the week after the session is not recommended.**

ii. *Skin care*

- Immediately after the session, a soothing cream may be applied to calm the skin.
- Make-up and fragrance may be applied the day after the session.
- At home you may apply an *Aloe gel* to soothe should you need to.

iii. *Awaiting next session*

- It is important to moisturize your skin properly (Aloe Vera-based cream for instance).
- **In the week following the session, you will experience a phenomenon similar to "regrowth" which is actually the "dead" hair falling out.**
- The "regrowth" time needed for remaining hair becomes longer from session to session and the remaining hair turns finer.
- Between sessions, it is advised not to wax or pluck the dead hair but rather to shave or use depilatory creams.

3. Risks and side-effects

- Not observing the guidelines especially relating to sun exposure may lead to a transient but long-lasting hypo/hyper (lighter/darker) pigmentation that may last on average 6 to 12 months.
- On sensitive areas, an oedema may develop but will remain no longer than 2 to 7 days.
- Some spots may lead to a purpura or scabbing that will remain 5 to 7 days after the session. It will then be very important not to rub, scratch or expose the skin to the sun.
- ***If you are not entirely satisfied with the treatment please let us know within 3 weeks of the treatment date.***
- ***Please observe a 7 day cancellation period for any treatment.***

Pictures taken prior session 1? Yes No

Can pictures be published? Yes No

By signing this paper, I confirm receiving and understanding all LightSheer™ hair removal-related information. I have also mentioned other current treatment/medications I take and agree to follow the guidelines given herein. I acknowledge that I cannot hold Laser Elite CC or its therapists liable for any loss or damage whatsoever incurred during my treatment.

Patient's Name Date Signature

Therapist's Name Date Signature