



# INFO & CARE

## *Laser Hair Removal*

### *Lutronic CLARITY II*

## *The* TECHNOLOGY

**Clarity II™ by Lutronic** is a high-powered dual-wavelength (*Nd: YAG 1064nm & Alexandrite Long Pulse Laser 755nm*) platform offering unmatched capabilities in permanent hair reduction for all skin types. Its intelligent features maximize efficacy, comfort, and speed to help achieve desired results in fewer treatments.

**Clarity II™** is also indicated for the treatment of vascular lesions (rosacea, leg / spider veins, etc.), pigmented lesions (age / sun spots, skin tags, etc.), wrinkles, skin rejuvenation, and more.

## *The* PROCEDURE

Laser hair removal is an elective non-invasive aesthetic procedure designed to reduce unwanted hair from all parts of the body.

When the laser beam passes over the skin, the heat from the energy source selectively damages the hair follicles that are actively growing (versus those that are resting or in the falling out phase).

Because hair actively grows in different cycles, a series of treatments are required to achieve a significant, long-term reduction in hair growth. Individual results may vary and are difficult to predict. Age, ethnicity, metabolism, medications, supplements (hair, nail, skin, B12, Biotin), and hormonal changes, among many other factors, can affect hair growth, hair resilience, and influence the success of laser treatments.

Complete clearance cannot be guaranteed. However, ideal candidates can achieve a 70% - 95% reduction in hair growth following a recommended course of treatment.

Rarely, there are patients that do not respond to treatments at all and/or experience unwanted hair growth (paradoxical hypertrichosis). Maintenance sessions may be needed in the future even if excellent results have been achieved.

## *Recommended Course of* TREATMENTS

**4 - 8 treatments regularly scheduled every 4 - 8 weeks**

# CONTRAINDICATIONS *include, but are not limited to:*

<ul style="list-style-type: none"> <li>● <b>Pregnancy or breastfeeding</b></li> </ul>	<ul style="list-style-type: none"> <li>● Conditions stimulated by light (i.e. epilepsy)</li> </ul>
<ul style="list-style-type: none"> <li>● Accutane (isotretinoin) in the last 6 months</li> </ul>	<ul style="list-style-type: none"> <li>● Implanted medical devices in the treatment area</li> </ul>
<ul style="list-style-type: none"> <li>● Antibiotics in last 30 days</li> </ul>	<ul style="list-style-type: none"> <li>● Poorly controlled medical conditions (i.e. diabetes)</li> </ul>
<ul style="list-style-type: none"> <li>● Retin A topical, or other skin-irritating products</li> </ul>	<ul style="list-style-type: none"> <li>● Active infection, cold sores (Herpes Simplex)</li> </ul>
<ul style="list-style-type: none"> <li>● History of keloid scarring or abnormal wound healing</li> </ul>	<ul style="list-style-type: none"> <li>● Psoriasis, eczema, rashes in the treatment area</li> </ul>
<ul style="list-style-type: none"> <li>● Tanning in the last 2 weeks (natural sunlight, tanning bed, or self-tanners)</li> </ul>	<ul style="list-style-type: none"> <li>● Tattoos and/or permanent makeup in the treatment area</li> </ul>
<ul style="list-style-type: none"> <li>● Impaired immune system / immunosuppressive medications</li> </ul>	<ul style="list-style-type: none"> <li>● Medications known to cause photosensitivity</li> </ul>
<ul style="list-style-type: none"> <li>● Daily anticoagulation medication (Aspirin, iron supplements, herbal supplements such as Gingko, ginseng, garlic or St. John's Wort)</li> </ul>	

*Laser hair removal is an elective aesthetic procedure.*

*An in-person consultation will be performed to assess suitability for laser procedures.*

*Spot tests will be performed if a concern exists regarding the potential response to treatment.*

*Questionable medical conditions and medications will require a clearance from your physician.*

## RISKS & *possible side effects*

<ul style="list-style-type: none"> <li>● Patient failure to follow pre / post-care instructions concerning appropriate activity, product use, and sun protection.</li> </ul>
<ul style="list-style-type: none"> <li>● Depending on individual tolerance level, indication, or treatment settings, patients may feel some discomfort during the procedure.</li> </ul>
<ul style="list-style-type: none"> <li>● Temporary redness (erythema) and swelling (edema) are considered desirable as evidence of effective damage to the hair follicles.</li> </ul>
<ul style="list-style-type: none"> <li>● Other less common side effects may include prolonged irritation, itching, and histamine reaction.</li> </ul>
<ul style="list-style-type: none"> <li>● Activation of individual sensitivities may include but are not limited to: Herpes Simplex Virus, cold sores, fever blisters, and acne.</li> </ul>
<ul style="list-style-type: none"> <li>● Rarely superficial burns, blistering, weeping, and scabbing may occur which are temporary and will heal relatively quickly with proper care.</li> </ul>
<ul style="list-style-type: none"> <li>● Temporary skin discoloration (light or dark spots on the skin) lasting 1-6 months. Permanent skin discoloration is a very rare risk.</li> </ul>
<ul style="list-style-type: none"> <li>● Scarring or skin infection, while rare, is possible when the skin's surface is disrupted.</li> </ul>
<ul style="list-style-type: none"> <li>● Improper use or lack of protective eyewear may result in vision complications including blindness.</li> </ul>

*Although the majority of patients do not experience any side effects and/or complications, you should discuss each of the above with your practitioner to make sure you understand the limitations, risks, and potential complications of this elective aesthetic procedure.*

# *Pre/Post Care* INSTRUCTIONS

Compliance with the recommended pre / post-care instructions as well as recommended follow-up visits by your practitioner is crucial in minimizing the risk of side effects and complications.

Your practitioner may recommend that you utilize a long-term skincare program to enhance healing following a laser treatment.

It is your responsibility to inform your practitioner of your most recent sun exposure, new medications, or changes in medical history before each treatment is performed.

## **BEFORE** *Your Treatment*

- Avoid sun exposure, tanning booths, tanning lotion, and spray tans for 10-14 days before treatment, longer if necessary to be completely tan-free. If you are going to be treating sun-exposed areas, apply sunblock SPF 30 or higher for 10-14 days before treatment.
- Refrain from bleaching, plucking, threading, electrolysis, or waxing the desired treatment area for 4 weeks.
  - Arrive with the treatment area clean and free of lotion, makeup, perfume, powder, bath/shower oil, and freshly shaven.
  - The area to be treated must be clean-shaven. If you are prone to irritation, you can shave the day before, up to 24 hours prior to your appointment.
- If you are unable to shave before your appointment, we can shave the area for you for an additional fee.
  - If you are prone to cold sores in the area being treated, it is highly recommended to take an antiviral medication prior to your treatment.
- Clients who have used Accutane or similar products within the last 6 months **CANNOT** be treated.
  - Avoid all alpha or beta hydroxyl products (AHA / BHA), hydroquinone, retinol / retinoids, Tazorac, and Differin for 1 week before treatment.
  - Avoid other aesthetic procedures (lasers, chemical peels, injectables) in the area(s) to be treated for 2 weeks before and after your treatment.
- Antibiotics may increase photosensitivity. We recommend checking with your physician prior to receiving laser treatments if you are taking a long-term antibiotic. If you become ill and begin taking an antibiotic, you will need to be off the medication for 7 days before laser treatment.
  - Do not perform any physical activity that increases body temperature or blood pressure within 4 hours before and 48 hours after treatments.

## DURING *Your Treatment*

- During your treatment, you may experience slight discomfort. The laser's built-in cryogen cooling system makes the treatments nearly painless.
- The skin within and around the treatment area may become red.
- Pain is an important determinant to prevent burns and other adverse events during the procedure. If your pain is more than 4 on a scale of 10, you must ask the practitioner to **STOP** the procedure. *(Pain scale: 1 having no pain and 10 being the worst pain you have ever had)*
- For best results, allow your practitioner to customize your treatment schedule. It is imperative to stay on schedule to capture the hair growth cycle. Any missed or delayed treatments will affect the number of treatments needed and the overall results.

## AFTER *Your Treatment*

- You may experience slight redness, bumps, sunburned sensation, and/or swelling up to 72 hours. Cold compress, aloe, or vitamin E, may be applied until the sensation subsides. **DO NOT** use ice directly on the treated area.
  - Do not pick, scrub, excessively rub or scratch the area after your treatment.
- Avoid sun exposure, tanning booths, tanning lotion, and spray tans for 10-14 days after treatment.
  - Delayed blistering secondary to sun exposure has been noted up to 72 hours post-treatment.
    - Always use an SPF 30 or higher for proper sun protection.
    - Tylenol is recommended for post-treatment discomfort.
- If you experience an irritated raised rash after treatment, Benadryl should help relieve the itchiness.
  - Clean the treated area with mild soap and lukewarm water. Pat the skin gently with a clean towel to dry. Apply moisturizer as needed.
  - Avoid any strenuous workout, hot tubs, spas, or any other activity that adds heat to the body for 48 hours after treatment.
- Allow a minimum of 7-14 days post-treatment for hair to "fall out" naturally. **DO NOT PLUCK THE HAIR.**
- If your face was treated, you may resume using makeup when the skin looks and feels back to normal.
- Avoid any additional laser treatments or chemical procedures on the treated area for at least 2 weeks post-treatment.
  - You may gently exfoliate the treated area(s) 48 hours after your treatment and then daily thereafter.

**If you experience any side effects, such as prolonged discomfort or swelling, a histamine reaction, or infection, immediately contact your practitioner for proper assessment and care instructions**