



## **New Client Considerations and General Laser Hair Removal Information**

### **New Client Considerations**

\*\*\*Please read the information below before booking a laser hair removal appointment to ensure a safe and effective treatment process. Please reach out to VMS if you have further questions!

#### **Clients who require a consultation:**

- Client is a minor (under the age of 18)
- White, gray, blonde, or red growth in the treatment area (as laser only attracts hair that has darker pigment, a test patch with the laser may be necessary to determine if you're a candidate)

#### **Clients that are NOT a candidate for Laser Hair Removal:**

- Currently on Accutane (Clients can be treated if it's been at least 6 months since completion)
- Pregnancy, breastfeeding or intend to become pregnant
- Photosensitive medications (Clients can be treated 2wks after completion)
- Treatment over a tattoo

#### **Clients that will require a written Physicians approval:**

\*\*\*Letters can be faxed or brought into your first appointment.

- History of Keloid scarring
- Pacemaker
- Seizure disorder - light triggering
- Treatment over a mole

**Vermont Medical Spa**

P: 802.876.7378

F: 802.662.4117

vtmedspa@gmail.com

## **General Laser Hair Removal Information**

Laser hair removal is considered permanent hair reduction. For this treatment, the laser operator uses a focused laser beam to destroy the hair follicles. Since the laser only destroys hair at a particular point in its growth cycle known as the growing phase (anagen), the process requires several treatments in a specific timeframe to obtain a significant, long-term reduction of hair growth. Each treatment provides a 15-20% reduction in growth, with the endpoint resulting in about a 90% reduction or more. After each treatment, the hair affected will naturally shed outside the follicle within 2-4 weeks allowing clients to experience fewer, thinner, lighter, slower regrowth, temporary hair loss, and permanent hair reduction. Successive treatments are scheduled 4 to 12 weeks apart depending on the area, and optimum results usually involve 6 to 8 treatments. Laser hair removal only attracts hair that has some sort of pigment. Hair colors such as white, gray, blonde, or red will not respond to the treatment. Genetics, hormones, medication, and hair color may interfere with hair reduction.

At Vermont Medical Spa we are using the Cutera Excel HR device. This laser has two fully integrated wavelengths, Alexandrite and Nd:YAG, both extremely effective options that will allow treatment for all skin types. The device is equipped with a contact sapphire cooling handpiece for added comfort. We apply ultrasound gel to allow the laser to easily glide, which allows clients to be in and out of their service promptly. Scheduled appointments vary in timing depending on the area of the body we're treating. Appointments can be scheduled anywhere from 10 minutes to 1 hour.

**Vermont Medical Spa**

P: 802.876.7378

F: 802.662.4117

[vtmedspa@gmail.com](mailto:vtmedspa@gmail.com)

## **Risks and Adverse Response:**

**DISCOMFORT/PAIN** - Some discomfort and/or pain may be experienced during treatment

**REDNESS/SWELLING/BRUISING** - Short term redness (erythema) or swelling (edema) of the treated area is common and may occur. There may also be some bruising.

**HYPOPIGMENTATION/HYPERPIGMENTATION:** (Changes in skin color): - During the healing process, there is a slight possibility that the treated area may become either lighter (hypopigmentation) or darker (hyperpigmentation) in color compared to the surrounding skin. This is usually temporary, but, on rare occasions, it may be permanent.

**WOUNDS** - Treatment can result in burning, blistering, or bleeding of the treated areas.

**SUN EXPOSURE/TANNING BEDS/ARTIFICIAL TANNING** - May increase the risk of side effects and adverse events.

**INFECTION** - Infection is a possibility whenever the skin surface is disrupted, although proper wound care should prevent this. If signs of infection develop, such as pain, heat, or surrounding redness, please call our office.

**SCARRING** - Scarring is a rare occurrence, but it is a possibility if the skin surface is disrupted. To minimize the chances of scarring it is IMPORTANT that you follow all post-treatment instructions provided by your healthcare staff.

**PARADOXICAL HAIR GROWTH** - Stimulation of terminal hair growth following photo-epilation can occur within or adjacent to the treated area.

**LEUKOTRICHIA** - Temporary or permanent gray hair.

**EYE EXPOSURE** - Protective eyewear (shields) will be provided to you during your treatment. Failure to wear eye shields during the treatment may cause severe and permanent eye damage.

**Vermont Medical Spa**

P: 802.876.7378

F: 802.662.4117

vtmedspa@gmail.com