

## **Informed Consent Form for Laser Hair Removal Treatment**

I, [Client's Name], acknowledged that I have received the following information about laser hair removal treatment and consent to the treatment:

### **How the treatment works**

- The diode laser emits an \_\_\_\_ nm beam that is selectively absorbed by melanin in hair follicles, generating heat that disables the follicle and reduces future growth.
- Best results occur on dark, coarse hair. Blond, red, grey, or very fine hair may not respond.
- Multiple sessions (average 6–10) at 4–8-week intervals are required; periodic maintenance may be necessary.

### **Common & rare side effects**

- Temporary redness, perifollicular edema (“goose bumps”), swelling, itching, or mild discomfort (minutes to 48 h).
- Less common: blistering, crusting, bruising, pigment darkening or lightening, acne flare, paradoxical hair growth, infection, scarring (rare).

### **Contraindications**

1. Active infection, open lesion, or dermatitis in area
2. Recent sun exposure, tanning bed, or sunburn within 4 weeks
3. Pregnancy or breast-feeding
4. Oral isotretinoin within past 6 months
5. Photosensitising medication not cleared by physician
6. History of keloids, hypertrophic scars, vitiligo, uncontrolled diabetes, bleeding disorders
7. Tattoo or permanent makeup on treatment site
8. Fitzpatrick VI skin if device not approved for that type
9. Hair removal (wax, pluck, electrolysis) within 4 weeks
10. Active herpes simplex (start antiviral prophylaxis)

### **Pre-treatment requirements**

- Shave 24–48 h prior; do NOT wax, pluck, thread, bleach, or use depilatory cream.
- Arrive with clean, product-free skin; no makeup, lotion, deodorant, perfume.
- Wear loose clothing; remove jewellery.
- Eat normally; avoid alcohol 24 h pre/post.
- Patch test performed if skin recently tanned or Fitzpatrick IV-VI.

### **Post-treatment care**

- Cool packs and 1 % hydrocortisone or aloe gel may be applied.
- Avoid hot showers, saunas, pools, exercise, or tight clothing for 24–48 h.
- No exfoliants, retinoids, or acids for 3–5 days.
- Apply broad-spectrum SPF 30+ zinc/titanium sunscreen daily for 4 weeks; avoid tanning.

### **Costs & alternatives**

The fee schedule has been explained. Alternatives include shaving, waxing, depilatory creams, electrolysis, IPL, or no treatment.

I have had the opportunity to ask questions, and all questions have been answered to my satisfaction.

Client signature: \_\_\_\_\_ Date: \_\_\_\_\_

Practitioner signature: \_\_\_\_\_ Date: \_\_\_\_\_

Laser parameters/session notes: \_\_\_\_\_