



## **Information And Consent For Hair Removal Using Intense Pulsed Light**

Unwanted hair can be a severe embarrassment. Hair removal using intense pulsed light is a gentle, non invasive, long lasting solution to unwanted hair on the face and body

### **What causes excess hair?**

Hair grows in cycles and many factors influence growth, including age, medications, ethnicity, hormones and genetics.

### **Is treatment safe?**

Treatment is safe and effective when performed by an experienced, highly trained professional. It is important to use the correct apparatus at the correct settings to ensure optimum results and minimal side effects. Prior to treatment a full consultation and test patch should be carried out, where you can discuss the treatment and have any questions fully explained

### **How does the treatment work?**

Highly controlled flashes of light are selectively absorbed by hair filled follicles lying below the surface of the skin. The absorbed light heats the hair which damages or destroys the re-growth potential of the follicle, all without damaging the surrounding tissues.

In order for the hair to absorb the light it has to have pigment, so blonde, grey and white hair is not effectively treated. So that all of the energy is absorbed by the hair it is important for the skin colour to be as light as possible, and treatment cannot be given if the skin is tanned.

Clinical research has shown that people who tend to sun burn rather than tan usually obtain slightly better results.

### **How is the treatment carried out?**

The hair will be trimmed just above the skin, and you will be asked to wear dark glasses to protect your eyes from the bright light. A cold gel will be spread over the treatment area. The hand piece will be moved across the skin delivering pulses of light. After treatment is completed the gel will be wiped away and much of the hair will be removed in the gel. The remaining hair will fall out over the next week or two.

**Does it hurt?**

Each pulse feels like a hot flick against the skin, similar to the slap of an elastic band. Most people tolerate the treatment very well.

**What can be expected following treatment?**

Any remaining hairs will fall out over a couple of weeks. Your treatment sessions will be carried out at six weekly intervals, to allow for dormant hairs to grow through. Hairs must be in the growing phase and visible through the skin to be effectively treated. It is necessary to have between 5 and 10 treatments to ensure that all dormant follicles have been treated. As the number of treatments progress, the hairs in the area will become more sparse as more of the hair follicles are eliminated.

**Possible side effects**

Side effects are rare. You may experience some redness or mild swelling at the treatment site which subsides within a couple of hours. In rare occasions some blistering or bruising may occur, or the skin may become darker or lighter at the treatment area, which will generally return to normal within a few weeks. Limiting sun exposure before and after each treatment will minimise the risk of complications.

Please advise your doctor or Aesthetic Nurse if you have any forthcoming social engagements so a personal evaluation can be made as to any possible downtime associated with the treatment that could impact on your enjoyment of the event. Every individual can react differently to treatment so it is important to alert your practitioner.

**Consent**

I confirm that I have been fully informed about the procedure and my questions have been answered. I understand the exclusions for treatment, and have advised the doctor of any changes to my medical history. I am fully aware of the possible risks and side effects and give my permission for the treatment to be performed.

**I am of the opinion that my request for treatment is for medical reasons and the personal psychological features that are associated with my request. I have expressed my thoughts and feelings to the treating nurse and consent to the treatment for the purpose of restoring and maintaining the health of my skin and body and my psychological wellbeing.**

**Patient Name.....**

**Patient Signature.....**

**Nurse Signature.....**

**Date of Treatment.....**

### **EMERGENCY CONTACT DETAILS**

Should you feel unwell following your procedure it is important to seek specialist medical advice immediately. In the first instance call Dr. John Curran on one of the following numbers:

Guernsey Clinic 01481 736699 (Mon-Fri 08.00 to 17.30)

Dr. Curran's Mobile 07781-165797



