

# Body+Beauty Lab®

## NORDLYS/ELLIPSE HRD LHR LASER

An Intense Pulsed Light (IPL) treatment is a laser that utilizes both radio frequency and light to achieve hair removal. The laser works by pulsing light into the hair follicle, where the light is absorbed by the melanin in the hair shaft, which will then dissipate the heat into the follicle. This laser only works on dark pigmented hair, the laser works by absorbing the melanin in the hair root to heat it to destruction. Blonde, gray or red hair will not have the same absorption and will be ineffective. It is also important to remember that the body has dormant or inactive follicles that can be triggered later in life, due to stress or menopause, therefore, we cannot guarantee the hair will be gone indefinitely. After each session you should see a noticeable difference in hair density and less hair growth. Best results can be seen in 6 sessions, with touch ups at 6 months to 1 year. Clients can expect to achieve about 80% of hair reduction, although every patient is different. Please check with Body+Beauty Lab to see if you would be a good candidate. You should schedule your appointment every 4-6 weeks for facial areas, 6-8 weeks for the torso, and 8-10 weeks for below the waist.

### EXPECTATIONS:

This type of laser is very well tolerated by clients, and most experience only minor discomfort during the procedure. Some have compared it to a rubber band snapping against the skin. We provide numbing cream for our clients by request and a cooling fan during the procedure to minimize any unpleasant sensations, although it is usually not needed by most clients.

### PRE-TREATMENT CARE:

1. Avoid tanning or sun exposure to the area at least 2 weeks before and after 4 weeks after your procedure. This includes any form of self-tanning. Tanning will decrease the color differences between the pigmented lesions and the surrounding skin, which makes the treatment less effective and increases the potential for a superficial burn. **You will need to wear at least 30 SPF and reapply at least every 2 hours for 2 weeks before and after the procedure.**
2. Please shave the treatment areas just prior to your procedure! We will not be able to perform the treatment if the area is not shaved. This is so the laser energy will be absorbed entirely into the hair root.
3. **Do not wax, tweeze or remove the hair follicle within 6 weeks of each treatment session, otherwise you will disrupt the hair follicle making the laser treatment ineffective.**
4. If treating the underarms, please remove all antiperspirant products prior to your treatment.
5. As applicable, due to increased sensitivity, if your treatment is due to take place during your menstrual cycle, please reschedule your treatment.
6. You are not a candidate for this treatment if you have a fever.
7. You are not a candidate for this treatment if you have a history with any disease or genetic condition (such as Systemic Lupus Erythematosus (SLE), Lupus Erythematosus (LE), Porphyria etc.) causing photo-sensitivity to wavelength(s) used.
8. You are not a candidate for this treatment if you suffer from long-term diabetes.
9. You are not a candidate for this treatment if you suffer from hemophilia or other excessive bleeding/lack of clotting blood disorders (coagulopathies).

10. You are not a candidate for this treatment if you have a history of seizures.
11. You are not a candidate for this treatment if you are pregnant or breast feeding.
12. You are not a candidate for this treatment if you take topical or systemic steroids, or are taking non-steroidal anti-inflammatory drugs, as these actively work against the treatment.
13. You are not a candidate for this treatment if you have a history of keloids (abnormal amount of scarring) or hyper-trophic scar formation (raised red) scars, or an active infection.
14. You are not a candidate for this treatment if you have a pacemaker or defibrillator, or a Coumadin or Warfarin use.
15. You are not a candidate for this treatment if you have melasma and hidden melasma.
16. You are not a candidate for this treatment if you have a tattoo or permanent makeup in or near the area you wish treated. These areas must not be treated, as the pigment absorbs part of the light energy and this can lead to a skin burn.
17. You are not a candidate for this treatment if you have taken Accutane within the last 6 months.
18. You are not a candidate for this treatment if you have received gold injections where there has been some leakage or spillage into the epidermis in the target area. This presents as an area of dark (grey) tissue, which will absorb the light energy.
19. If you have any type of implant in the treatment area, notify the service provider as this area should be treated with care. Modern silicone implants produce little risk, but metal implants such as plates or screws used on broken bones can be heated and expand, causing significant discomfort.
20. Discontinue any photosensitizing medications (such as Tetracycline, Doxycycline, St. John's Wort) at least 1 month prior to the procedure.
21. If you have a history of Herpes Simplex, be sure to let your medical aesthetician know in order to prescribe pre-treatment as the light may trigger a flare-up.
22. Discontinue all exfoliating, active anti-aging products, acne products, Hydroxy Acids, Retinols, Tretinoin, and Hydroquinone at least 7 days prior to the procedure.
23. Discontinue the use of Efudez, Carac, Solaraze, Aldara or Picato at least 4 weeks prior to your treatment.
24. You may continue to take Aspirin as a blood thinner but be aware you may experience more bruising and swelling.
25. You should wait at least 4 weeks after Botox®/Zeomin®/Dysport® injections and should not have any filler in the treatment area (at least 9 months after filler injection), as those areas containing fillers or fat injections may be affected by heat from the light source.
26. Arrive at least 20 minutes prior to your scheduled procedure, so that we may apply a topical numbing cream if you desire.
27. Please arrive for your treatment with clean and shaved skin.

#### POST-TREATMENT CARE:

1. Immediately after your procedure, you will look and feel as though you have a mild sunburn. Your skin may be red and blotchy. This is normal and will subside after 1-2 days, and usually does not involve any social downtime.
2. Within the first 24 hours if you experience any discomfort, you may take Tylenol, Motrin or Aleve as directed.

3. You may notice peeling/flaking, redness or swelling of the treatment area. This is normal and to be expected. The response may differ in every client. This does not need to occur for the treatment to be effective.
4. If the axillae was treated, use a powder instead of deodorant for 24 hours after the treatment to minimize any irritation.
5. Avoid sun exposure during and within one month of the end of the course of treatment. This minimizes the risk of hypopigmentation or hyperpigmentation.
6. Allow 7-14 days post treatment for surface hair to shed.
7. On average, clients can expect a 20-30% reduction in regrowth after each treatment.
8. Do not use any hair removal products (waxing or creams) during the entirety of your treatments, however, we do encourage shaving.
9. You may bathe and shower as usual, although you may be sensitive to extreme temperatures.
10. Avoid aggressive scrubbing or use of exfoliants during the first 7 days after treatment.
11. You may apply topical antibiotic ointment, like Aquaphor, to the area for the first 3 days.
12. If you should develop any open sores, apply over-the-counter antibiotic ointment to this area 2-3 times daily until healed.
13. Use a very mild and gentle cleanser on your face for the following 7 days after treatment.
14. Makeup may be used after the procedure as usual.
15. You may resume facial products 7 days after treatment.
16. Be sure to use 30 SPF sunscreen (reapply every 2 hours) after the procedure.
17. Drink plenty of water.
18. If you notice excessive skin redness or swelling, burns, blistering or a change of pigmentation, please contact Body+Beauty Lab immediately.