

# PRE-TREATMENT INSTRUCTIONS

## Intense Pulsed Light (IPL)

### Hair Removal

1. Discontinue: sun tanning, use of tanning beds and any application of sunless tanning products one month (4 weeks) before your first treatment and throughout the treatment course, (the change in color of your skin tone will adversely affect your desired outcome in the areas to be treated).
2. Always use an SPF 30 or greater sunblock on all exposed treatment areas and reapply every 2 hours continuously throughout the day if outside. Wear sun protective hats and clothing.
3. Discontinue the use of: exfoliating creams such as Retin-A, Differin, Glycolic acid, alpha-hydroxy acid products 1 week prior to and during the entire treatment course.
4. The treatment area should be shaved or closely clipped before coming to the office the day of your first treatment and before all subsequent treatments. Not shaving or closely clipping the area to be treated will result in increased pain, increase skin reactions and a decrease in optimum results.
5. **No** tweezing, waxing, sugaring, threading, electrolysis or any other epilation method for at least 2 weeks prior to treatment and for the duration of the treatments. The hair must be in the follicle to be permanently disabled.
6. If you have a history of herpes outbreaks in the areas being treated, let us know. We recommend that you take Lysine 500mg daily for one week before the treatment and increase to 2 capsules 3x/day for 5 days if you have a flare up. We can also prescribe medications to prevent severe herpes outbreaks during your treatment.
7. Do not come for your treatment with a tan or sunburn or the treatment may have to be rescheduled.
8. Before your appointment: Avoid any creams, perfumes, deodorants, etc. in the areas to be treated.

Please call if you have any questions prior to or after your treatment.



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# POST TREATMENT INSTRUCTIONS

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### Hair Removal

1. A mild sunburn-like sensation is expected. This usually lasts 5-10 minutes but can persist up to 24 hours, individuals may vary. Mild swelling, tenderness and/or redness may accompany this, but it usually resolves in 2-3 days.
2. Apply ice/gel packs, frozen peas or corn to the treated area for 10-15 minutes every hour for the next four hours as needed. For mild reactions, a topical herbal anti-inflammatory Florosone (Dr. Traub or Health Food store) can be used. For more intense reactions, an oral, non-steroidal anti-inflammatory, such as acetaminophen or ibuprofen may be taken to reduce discomfort, use according to the manufacturer's instructions.
3. In rare cases, prolonged redness or blistering may occur. An antibiotic ointment (Polysporin, Bacitracin) may be applied to the affected areas twice a day until healed or Herbal Ed's Salve (Dr. Traub or Health Food store) can be used.
4. Bathe or shower as usual. Treated areas may be temperature-sensitive. Cool showers or baths will offer relief. Avoid scrubbing, use of exfoliants, scrub brushes and loofah sponges until the treatment area has returned to its pre-treatment condition.
5. Apply an SPF 30 sunscreen or greater to prevent skin color change.
6. For dry and itchy skin, apply a moisturizer twice a day until resolved.
7. The appearance of hair growth or stubble will continue for 7-30 days post-treatment. This is not new hair growth but the treated hairs being expelled from the skin. Hairs that were in the 'resting phase' of growth at the time of your treatment will enter the active phase in 1-2 months, depending on the body area.
8. Clients with facial Hirsutism who have been diagnosed with Polycystic Ovary Disease (POD) and/or ovarian hyperandrogenism, and some clients of Middle Eastern and Mediterranean descent could experience paradoxical (extra) hair growth in adjacent untreated areas.
9. Six treatments are needed to achieve the desired results. Follow up treatment intervals:  
Back: 8-10 weeks, Face: 2-4 weeks, Arms/underarms: 4-6 weeks,  
Bikini: 4-6 weeks, Legs: 8-10 weeks.
10. Do not pick or remove scabs or crusting should they appear.
11. Clipping and shaving is permitted during treatment course.

Until the redness has completely resolved, **avoid** all of the following:

- ◇ Applying cosmetics to the treated area
- ◇ Swimming, especially in pools with chemicals, such as chlorine
- ◇ Ocean swimming and Hot Tubs/Jacuzzis
- ◇ Excessive perspiration or irritation to the treated area
- ◇ Sun exposure to the treated areas - to prevent skin color change.



# CONSENT

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### Hair Removal

I authorize the office of Dr. Monica Scheel and/or a practitioner, operating under her guidance, to perform light-based hair removal. I understand that this procedure works on growing hairs and not on dormant hairs. For this reason, complete destruction of all hair follicles from any one treatment is unlikely, and I understand that I will require multiple treatments (6 recommended) to obtain a significant, long-term reduction of hair growth. I also understand some people may not experience complete hair loss even with multiple treatments and that it is only effective on hair with color. It does not treat white or grey hair. I understand that genetics, hormones and hair color may interfere with hair loss and that I may not respond at all. \_\_\_\_\_

I am aware of the following possible experiences/risks:

- ◇ DISCOMFORT - Some discomfort may be experienced during treatment.
- ◇ REDNESS/SWELLING/BRUISING - Short term redness or swelling of the treated area is common for 5-10 minutes, but could be prolonged.
- ◇ PIGMENT CHANGES (skin color) - During the healing process, there is a possibility that the treated area can become either lighter (hypopigmentation) or darker (hyperpigmentation) in color compared to the surrounding skin. This is usually temporary, but on a rare occasion, it may be permanent.
- ◇ WOUNDS - Treatment can result in burning, blistering, or bleeding of the treated areas. Since these are rare complications, please call our office if any of these occur.
- ◇ 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 changes of scarring, it is IMPORTANT that you follow all post-treatment instructions carefully.
- ◇ EYE EXPOSURE - Protective eyewear (shields or glasses) will be provided. It is important to keep these shields on at all times during the treatment in order to protect your eyes from injury.

I also understand that there are other options for treatment available and each of these other treatments has been fully explained to me. \_\_\_\_\_

I consent to photographs being taken to evaluate treatment effectiveness, for medical education and training. No photographs revealing my identity will be used publicly without my written consent. \_\_\_\_\_

I understand that no insurance companies will reimburse for these cosmetic procedures. \_\_\_\_\_

For women of childbearing age: By signing below I indicate that I am **NOT** pregnant. Furthermore, I agree to keep Dr. Scheel and staff informed should I become pregnant during the course of treatment. \_\_\_\_\_

Before and after treatment instructions have been discussed with me. The procedure, as well as potential benefits and risks have been explained to my satisfaction. I have had all of my questions answered. I freely consent to the proposed treatment.

Patient's signature \_\_\_\_\_ Date \_\_\_\_\_

Printed name \_\_\_\_\_ Witness \_\_\_\_\_

