

LASER HAIR REMOVAL PROCEDURE

(Client copy)

How to prepare for your treatment:

You should not wax, epilate, or remove hair with the root using any other hair removal method for at least 6 weeks prior to your first session and throughout your course of treatments. The hair needs to be in place in order to be targeted by laser as the laser device targets the pigment in the hair.

Make sure that the area that's about to be treated gets completely shaved the night before your treatment so that the laser energy is targeted towards the hair follicle and not wasted it on the hair above the skin's surface. Treating unshaved skin can result in burning of the skin by singed hairs.

Also make sure that the area has not been tanned in the sun or tanning bed for at least two weeks prior to your treatment.

What to expect of on the day of your treatment:

Please arrive 15 minutes prior to your appointment time so you can have ample time to read over our Laser Hair-removal forms and sign the consent form. Also please make sure that you bring your Groupon with you either on paper or on your smart phone. After checking in, providing the receptionist with your Groupon, reading and signing the consent form, your Laser technician will take you back to the treatment room.

Once in the treatment room, this is the perfect time to ask any further questions you may have about the treatment. Your questions will be answered and then your treatment will begin. The treatment is estimated to take up to 15 minutes. You will feel some minimal pain during your treatment, since everyone has a different tolerance level to pain, if you experience too much pain, please make sure that you inform your technician.

On your way out please stop by the reception desk and book your next appointment in 4 – 6 weeks.

What to expect after your treatment:

Do NOT tan in the Sun or tanning bed for at least 2 weeks after your treatment. Don't forget that you'll need to wait another 2 weeks after tanning before your next treatment.

If you have any irritation, redness or burning sensation on the treated area, do not be alarmed, please apply plenty of Aloe Vera gel to the area. It should go away in 48 to 72 hours.

All hair should shed within 3 weeks following the treatment. Sometimes, shedding doesn't start until about 10 days after the session. During the shedding phase, hair may look like it's growing, but it is actually coming out to shed. Exfoliating and/or scrubbing gently in the shower with a loofa can help speed up the shedding process.

After 3 weeks, you may see small black dots remain in the hair follicles on some areas. These are commonly referred to as "pepper spots", which eventually shed on their own. Exfoliating may help speed up the process. Regardless, they will be singed off in the following session.

Once the hair sheds, you should experience a hair-free period for several weeks. Once new hair grows in, you should come in for your next session. For most people and on most body areas, this happens about 6 - 8 weeks after the previous treatment.

If you have dark skin, you may have some temporary skin discoloration and irritation on the treated area. This is normal; your skin will recover and heal. Apply Aloe Vera gel to that area.

On your second visit please make sure you express any issues and/or concerns about your first treatment with your technician.

Treatment Frequently Asked Questions

Any medical laser procedure can be a bit intimidating. Learn more about the Soprano Pain-Free, Hair-Free™ so you'll feel at ease with the procedure.

What is Laser Hair Removal?

Laser hair removal is a procedure which removes hair from the body utilizing a long pulse laser. Laser hair removal lasers have been in use since 1997. The treatment is performed by a specially-trained laser specialist by pointing the laser device at shaved skin. Laser heat disables follicles from producing hair.

Am I a Candidate for Laser Hair Removal?

Both men and women seek laser hair removal to remove unwanted hair. Laser hair removal is commonly done on underarm, pubic area, legs, abdomen, lip, chin, back, buttocks, thighs, face, neck, chest, arms, and toes. The only time laser hair removal will not work for you is if your hair is too fine (like Peach fuzz) and/or too light in color, such as gray and blonde hair.

*If you are a minor, you will need to have a parent or legal guardian with you to read and sign the consent form prior to the procedure on your first visit.

Is Laser Hair Removal Painful?

In one pulse, laser removes all the hair on a patch of skin the size of a nickel or a quarter. Generally, laser hair removal is not much more painful than waxing, though the sensation is different. With each pulse, the feeling resembles a rubber band snapping against the skin for a quick second. Pain is only felt while laser is hitting the skin and doesn't last.

*It should be noted not feeling any pain during treatments may be an indication that the laser is set too low to produce permanent results.

How does The Soprano Laser Hair Removal work?

The Soprano uses gentle light to damage the hair follicle. This disables the follicle from growing hair, which means that gradually over several treatments, there is a permanent reduction in the amount of hair in that area.

Is treatment with The Soprano safe?

Laser hair removal is the most popular aesthetic procedure performed annually. It's also one of the aesthetic medical industry's most well-known and researched uses of lasers. There are many advances in the Soprano technology that make it one of the safest laser hair removal systems available for all skin colors. There is no long term health hazards from light used in the Soprano. It has been used for decades in medicine, surgery, and aesthetics without adversity.

What's The Pain-Free, Hair-Free™ treatment?

The Pain-Free, Hair-Free™ treatment (one of the settings that can be used by The Soprano laser machine) has provided safe and effective permanent hair reduction for thousands of patients worldwide. Because Pain-Free, Hair-Free™ utilizes our IN-MOTION™ and low-heat settings we're able to provide a level of safety unlike any other laser hair removal procedure. It targets hair follicles with gentle pulses of laser energy while you stay comfortable. In addition, a patented DualChill™ mechanism ensures the surface of your skin stays cool and comfortable throughout your treatment. It's recommended if you have very dark and/or sensitive skin.

How do I know Pain-Free, Hair-Free™ really won't hurt?

Most people find the Pain-Free, Hair-Free™ laser hair removal treatment comfortable, especially when compared to other hair removal methods and lasers. This is one of few laser hair removal procedures where numbing cream is not necessary. Pain is subjective, however, so if you find it otherwise simply talk to your provider.

What kind of results can I expect from The Soprano treatment?

Each Soprano treatment will result in less hair coming back, as well as hair growing progressively lighter in color, finer and slower-growing with each treatment. It takes more than 1 treatment to affect all the follicles growing in an area. Most people achieve satisfactory clearance after 4 – 8 treatments, but individual results vary depending on medical and genetic factors. Lighter colored hair may require more treatments than darker colored hair.

How many treatments will I need?

Typically, 4 to 6 treatments is adequate to provide permanent hair reduction. However, after a one-on-one consultation, we may determine that based on the density of your hair, hair color and skin color, you may require additional treatment. You should continue treatments until remaining hairs are too fine for laser to target, or until they've reached your desired reduction. It's not unusual to require a touch-up treatment two years after completing laser hair removal treatments.

Why do I need 4 – 6 treatments?

Hair growth occurs in 4 stages: Early Anagen (early hair growth), Anagen (active hair growth) Catagen (regression) Telogen (resting, not growing) Laser hair removal only affects the Anagen stage, (actively growing hair). Therefore, approximately twenty-five-percent of hair is removed with each treatment. After 4 to 6 treatments, the area should be free from hair.

Will my hair ever grow back?

Actively growing hairs that are treated should not grow back. Once a hair follicle is damaged it cannot grow hair. However, hair follicles that were not in the active growth phase will need to be treated. It's also not unusual for patients to have a touch-up two years after initial treatment due to hormonal changes.

Do I need to arrange time off from work for treatments?

No. The Soprano treatment has no "down time" and requires no recovery time. You can have your treatment and return to work, school or other normal activities immediately.

Should I shave before the treatment?

Make sure that the area that's about to be treated gets completely shaved the night before your treatment so that the laser energy is targeted towards the hair follicle and not wasted it on the hair above the skin's surface. Treating unshaved skin can result in burning of the skin by singed hairs.

How frequently do I need treatments?

We recommend that you come in every 6 to 8 weeks for your treatments.

What happens after each treatment?

Temporary pinkness in the skin lasts a very short time and most people return to work and/or normal activities immediately after treatment. The treated area will "shed" some hairs over the next 3 – 4 weeks and you may experience a period of hairlessness in that area while you wait for your next treatment.

Are there any laser hair removal risks or side effects?

Some people may experience the following potential temporary side effects:

- Itching
- Redness for up to 3 days
- Swelling around mouth of follicle for up to 3 days
- Tingling or feeling of numbness
- Temporary pigment change on darker skin

How much does laser hair removal cost?

The cost for laser hair removal treatments vary by body part. However, compared to a life time of waxing laser hair removal creates a significant savings that can save money year after year. Please refer to our website for a complete price list of all of our laser treatments. www.dolcevitasalon.com

What are the Causes of Excessive Hair Growth and How Can They Affect My Treatments?

The causes of excessive hair growth are many and varied, including:

- Heredity
- Pregnancy
- Glandular and/or hormonal imbalances, including diseases causing these effects (i.e. PCOS condition in women)
- Insulin resistance issues
- Thyroid problems
- Reactions to certain medications
- Normal aging processes

Before starting laser treatments, patients with excessive hair growth on uncommon areas should explore possible underlying medical reasons for it. Hair removal methods can only impact hair that's currently growing. They cannot prevent the body from developing new hair after treatments are completed.

Women with facial male-pattern growth are advised to see an endocrinologist to explore the possibility of PCOS or elevated testosterone levels. Men experiencing excessive growth can get tested for insulin resistance.