

# Treatment Protocol- Laser Hair Removal

Laser Fix, LLC adheres to the American National Standard ANSI Z136.3: Safe Use of Lasers in Healthcare

As outlined in Wisconsin BC 2.025 (3) Delegated medical procedures shall be undertaken only pursuant to formal written protocols setting forth the nature and scope of the procedures delegated, describing the supervisory plan, and indicating any contraindications to undertaking the procedure. A laser hair removal product or device, or intense pulsed light device shall not be used on a minor unless the minor is accompanied by a parent or guardian and only under the general supervision of a physician.

## - Common Contraindications and Special Precautions -

- History of skin cancer, such as Melanoma.
- Infection at desired treatment site or adjacent areas.
- Photosensitivity to wavelengths between 655-1064nm.
- Using photosensitizing medications.
- Tendency to Keloid.
- Oral or genital Herpes.

## - Laser Clinic Rules-

1. No treatment of pregnant women.
2. No treatment around the inner or outer canthus or orbital rim of the Eye.
3. No treatment for one (1) year after skin cancer
4. No treatment for minimum of one (1) year following oral acne medication such as Accutane.
5. No treatment over tattoos.
6. No treatment for one (1) year after chemical peel.
7. No treatment for two (2) weeks after glycolic peel.
8. No treatment for one (1) year after laser resurfacing.
9. No treatment for two (2) weeks after Retin-A.
10. No treatment for two to four (2 – 4) weeks after sunburn/spraytanning.
11. No treatment of hairy moles.

## - Laser Safety -

A. Only authorized individuals with appropriate laser training and knowledge should operate, assist in the operation of, or provide maintenance or service to the laser system.

B. Wisconsin legislature states in BC 2.025 (2) (a) (intro.) Laser hair removal services. Prior to providing any laser hair removal procedures, a licensee shall complete advanced training in the use of laser devices in a training program of not less than 6 hours.

- Before treatment, client must undergo a consultation and complete and sign the intake form and consent form
- The door must be closed at all times when the laser is in operation
- Information on the delegating physician is conspicuously posted
- Appropriate ANSI approved laser warning signs will be posted on the door of each room where a laser is in use.
- Turn on the key and allow the laser to warm up.
- Eye protection must be worn by everybody in the room at all times the laser is in use.
- Drape the client accordingly.
- Prep client with Isopropanol alcohol.
- Determine the patient's skin type in all treatment areas. Also ask if they have had any recent sun exposure.
- Push settings on the machine (spot size, fluence, hertz, wavelength.) Refer to the Laser wavelengths and generally accepted uses sheet. Confirm with caution.
- Select PROPER wavelength for patient skin type.
- Push READY to start treatment.
- If it is a first time treatment in the area, start with a test spot and examine the reaction.
- Perform treatment with extreme caution.
- After treatment put the laser in STANDBY mode.
- Record treatment notes in chart.
- Routine maintenance will be performed at the recommended intervals by qualified technicians.
- Ensure the laser system is operating properly before beginning a treatment.
- Remove the key when the laser is not in use.
- Never direct the laser beam at anything other than the calibration port of the intended treatment site.

**- Minor Problems -**

- If routine minor problems occur during or result from laser hair removal treatment, the **supervising physician** must be advised as soon as possible.
- If deemed necessary, an appointment will be made for an examination by the **supervising physician**.
- Topical treatment or medication shall be prescribed as necessary.

**- Emergency Situation -**

- In the event of an emergency situation which develops during the performance of or as a result of laser hair removal, the **supervising physician** shall be notified immediately to examine and attend to the client.

- Any necessary medication or treatment will be administered immediately.
- In the event that the **supervising physician** is unavailable or in the operating room, 911 shall be called immediately, and the client transported to the closest hospital.
- Both the CLS and physician shall provide follow-up contact and/or care to the client

### - Medical Records -

- Individual, confidential records will be maintained and the clinic will abide by HIPPA rules and regulations.

## Pre Treatment

1. Avoid Sun Exposure
  - Keep treatment area out of the sun 2 weeks prior to the appointment
  - Tanning beds, self tanners, and sunburnt skin can lead to discoloration after laser treatment
  - Apply sunscreen daily if treated area cannot be kept away from sun
2. NO Plucking OR Waxing
  - Refrain from these hair removal techniques 4-6 weeks before appointment and between sessions
  - The follicle must be present for the laser to find a pigmented pathway to travel down
3. Shave the Area
  - A close shave prior to treatment is required as it critically decreases the chance of a burn incident
4. Review Medications
  - Please inform the laser specialist of all medications currently being taken, oral and topical, as some increase the skin's photosensitivity- this will ensure safe and appropriate treatment
  - Photosensitive drugs can cause reactions in the skin's dermis layer- depending on skin type and medication taken.
  - Generic names that increase photosensitivity include acne medications, antidepressants, and antihistamines, oral contraceptives, most antibiotics, and anti-cancer drugs.
  - View a [full list here](https://www.dhs.wisconsin.gov/radiation/medications.htm) or by visiting <https://www.dhs.wisconsin.gov/radiation/medications.htm>
5. Remove Makeup and Creams
  - Topicals such as makeup, lotion, ointment, deodorant, etc. can reduce effectiveness of the laser treatment

## Post Treatment

1. Immediately after laser hair removal, redness and bumps at the treatment area is normal. It may feel like a sunburn for a few hours. If needed, use a cold compress. Any crusting, apply antibiotic cream. Some physicians recommend aloe vera gel or some other after sunburn treatment such as Desitin. People with darker skin types may experience more discomfort than people with lighter skin types and may require longer usage of aloe vera gel or an antibiotic cream.
2. Makeup may be used after the treatment, unless there is epidermal blistering. It is recommended to use new makeup to reduce the possibility of infection. Be sure to wear moisturizer under your makeup. In fact, moisturizer will help exfoliate the dead hair from the follicle, so use moisturizer frequently and freely on the treated area. Any moisturizer without alpha-hydroxy acids or vitamin C is recommended.
3. Avoid sun exposure, tanning beds or self-tanning lotions to reduce the chance of dark or light spots for 2 months. Use sunscreen SPF 25 or higher at all times throughout the treatment and for the following 1-2 months.
4. Avoid picking or scratching the treated skin, this may cause scarring. DO NOT USE any other hair removal methods or products on the treated area during the course of your laser treatments, as it will prevent you from achieving your best results.
5. Shower with lukewarm water after the laser treatments, use soap, deodorant, etc. The treated area may be washed gently with a mild soap. Skin should be patted dry and NOT rubbed. You may apply deodorant after 24 hours.
6. Avoid hot tubs or saunas while skin is red(1-2 days).
7. No strenuous exercise for 24 hours after the treatment, this will aggravate the redness and swelling.
8. Hair re-growth occurs at different rates on different areas of the body. New hair growth will not occur for at least three weeks after treatment.

Call the office with any questions or concerns you may have after the treatment.

Please note:

Stubbles, representing dead hair being shed from the hair follicle, will appear within 5-30 days from the treatment date. This is normal and is not new hair growth. It will fall out quickly, or you can help the hair exfoliate by gently wiping with a washcloth.