

## Broad Band Light (BBL™) / LASER HAIR REMOVAL Pre- and Post-Care Instructions

Please read the following carefully, as this information will prepare you for BBL / Laser Hair Removal, what to expect, and how to care for the treated area.

### PRE - LASER INSTRUCTIONS

1. Shave the site/s to be treated the evening before each treatment session.  
(Avoid waxing for 2 weeks before and throughout treatment course – as waxing diminishes laser target.)
2. Also, minimize sun exposure, as best as possible, for at least 1 month before and after treatment.  
Wear protective clothing (hat, etc.) and a high SPF (at least SPF 30) sunblock to protect the treated area/s from direct sun exposure.
3. Also, do not use aspirin, aspirin containing medications or alcohol for at least 1 week before and for the first 2 days after treatment.  
Take **Tylenol** or another pain reliever which contains no aspirin or ibuprofen, if needed.
4. Apply **EMLA / ELA-Max / Topicaine** (or other topical anesthetic) at least 1 hour before treatment under saran wrap, if needed.

### WHAT TO EXPECT

- ◆ BBL/Laser-treated hairs will still be visible / present after your treatment.  
However, they are now injured or destroyed at the level of the hair follicle (“root”) and will soon fall out (usually, within the next 2-5 days up to 2 weeks).
- ◆ The treated area may redden and/or swell somewhat. A mild sunburn sensation may be noticed for up to several hours after treatment. This is caused by the BBL/laser energy, and represents inflammation, and not infection. It is normal and expected part of healing process.
- ◆ While the BBL/laser usually leaves the overlying skin intact, avoid manipulating the treated area for the first week after treatment. [A crust (or scab) may form and is not abnormal nor unexpected. This represents healing and does not necessarily mean the area will scar.]  
No dressing is usually needed. However, if the treated area blisters, scales or scabs up, keep the healing area moist with an antibiotic ointment (see below).
- ◆ You may see purpura (bruising or red-purple color) in some treated areas, which will last 7-10 days on average.

### CARE OF THE TREATED AREA(S)

- ◆ If the treated area blisters, scales or scabs up, apply a thin coat of antibiotic ointment (i.e. **Bacitracin or Polysporin**) to the treated area once or twice daily for 7 days, or until the surface looks healed; otherwise, apply only moisturizer with sunblock, (such as **Vanicream 35 or 60**) daily in am throughout treatment course.  
**Vanicream** (without sunblock) (or moisturizer of your choice) may be applied in evening, as needed.
- ◆ The treated area is very delicate and should be treated with care.  
Makeup is permitted, but be very gentle when applying or removing it, as rough removal of makeup can increase the incidence of post treatment complications.  
Do not rub, scratch, or pick the area(s).  
No shaving of treated area for 3 days post treatment. No waxing or plucking during the treatment course.  
Avoid panty elastic at the leg for several days after treatment of the bikini area to prevent rash or blistering from panty elastic rubbing/irritation.
- ◆ You may get the treated area wet, but be very gentle when drying it. Pat dry after bathing/showering.  
Swimming is generally permitted after 2-3 days (if no crusts) or once all crusts have fallen off (usually, 5-10 days – if any crusts are present).
- ◆ You may help relieve any swelling by applying an ice pack wrapped in a soft cloth.  
Leave this on the treated area for 10-15 minutes per each hour for several or more hours.

### PRECAUTIONS

- ◆ If the treated area becomes increasingly tender, red, swollen and/or purulent, contact our office immediately as this may represent an infection that may require treatment.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT US (at 243-6400).**

## HAIR REMOVAL Broad Band Light (BBL™) / LASER INFORMED CONSENT FORM

Our hair removal BBL / laser utilizes an advanced BBL / laser technology to remove hair with a minimum of pain, inconvenience and side effects. Our BBL / laser is safe for use in patients of all ages. The hair removal BBL / laser emits a powerful, gentle beam of BBL / laser light which passes harmlessly through the skin and is selectively absorbed by the hair follicle. At the level of the hair follicle, the BBL / laser energy is absorbed and transformed into heat, disabling or damaging the hair follicle. As a result, hair growth is impaired without affecting the surrounding tissue.

Although BBL / laser surgery is effective in most cases, no guarantees can be made that a specific patient will benefit from treatment.

Pigmented (colored) or darker hairs respond better than lighter / blond hairs. Our BBL / Laser is FDA approved for permanent hair reduction.

3 to 6 consecutive treatment sessions at 1-2 month intervals are recommended for optimum long term hair removal.

Periodic maintenance treatments may be necessary, at intervals that vary depending upon the individual and site(s) treated.

Alternative (permanent) hair removal methods, such as electrolysis are tedious, lengthy (up to 5 years or more), highly operator dependent and additionally, not without side effects and risks. Non- (or less) permanent methods include shaving, plucking and waxing.

WHAT ARE THE POSSIBLE SIDE EFFECTS / COMPLICATIONS OF BBL/LASER SURGERY? The most common side effects /complications are:

- Pain / Tenderness** - The BBL/laser causes mild discomfort. Patients describe the feeling of a laser pulse as "being snapped by a rubber band". Most patients tolerate BBL/laser treatment without anesthesia. However, if you need some, the doctor will discuss the right kind to use (for example an injection of "local" anesthetic, or applying a "numbing" cream approximately an hour before treatment).
- Blistering/Crusting of the Healing Wound** – Rare; but if a blister/crust forms, this does not mean infection. Using Q-tips, gauze or fingers, cleanse gently twice daily with a mild / soap-less cleanser (e.g. Aquanil or Cetaphil) diluted with water, followed by application of an antibiotic ointment like Bacitracin or Polysporin to minimize crusts and hasten healing. Blistering/crusts usually heal in 5-10 days without long-term adverse effects.
- Skin Pigment (Color) Changes**  
Treated areas may rarely heal with increased pigmentation (hyperpigmentation, i.e. skin color darkening). This occurs more often in darker skin type individuals or those with a recent or excessive "sun-tan". We advise avoiding direct, unprotected sun exposure of the treated site(s) before, during and after treatment for at least one month. Use a full strength, SPF 30 or higher, UVA & UVB sunblock daily if sun exposure is unavoidable.  
Even with precautions, however, some patients develop hyperpigmentation. When this happens, the skin usually returns to normal color within 3-6 months; rarely, pigment (color) changes are permanent.  
Even more unusual, a few patients may rarely notice instead a decrease in skin color (hypopigmentation), generally after multiple, repeated treatments to the same area and again more commonly in darker skin types than in lighter complexions. These individuals usually also regain their color in 3-6 months, but pigment changes may also rarely be permanent. Swimming in chlorinated water is permitted once any crusts / scabs have fallen off (5-10 days), if any are present.
- Bruising** – Rare, slight, which generally lasts 5-10 days before going away, (if this happens at all).
- Swelling** – none to minimal; rarely, significant; Use ice packs 5-10 minutes/hour for several hours as needed  
This swelling is normal and does not mean infection or scarring. Any swelling usually lasts up to several hours, but may rarely last several days or more.
- Skin Fragility** – Do not be rub / pick treated areas. However, makeup may be applied at once, if so desired, Apply and remove it gently.
- Scarring** - Because the BBL/laser light penetrates skin harmlessly and is "specific for" (i.e. specifically absorbed by and damaging to) the hair follicles with minimal damage to surrounding skin, scarring has not been observed, (to our knowledge, as of the time of this writing). (However, to minimize any chances of complications, we advise careful adherence to all postoperative instructions.)
- Folliculitis (i.e. Pustules/Pimples)** - Occasionally, treatable inflammation of the hair follicles (folliculitis) may be induced by treatment. This is a benign and treatable condition that goes away and does not ordinarily leave any permanent marks.
- Eye Protection** – BBL/Laser energy can harm exposed eyes. We therefore provide safety eyewear to be worn while the laser is being used.
- Persistence of Hair** - Long term hair removal has been unequivocally demonstrated with laser hair removal, and studies have demonstrated permanent results (i.e. "permanent hair reduction") to the satisfaction of the FDA to permit such claims. Nonetheless, we cannot unequivocally guarantee long term, permanent results. Typically, expect up to 50% hair removal or more for up to 3 or more months per treatment. Treatments appear to be additive as greater and / or longer term (more effective) hair removal occurs with repeated, consecutive treatments. Therefore, we usually recommend (at least) 3-6 consecutive treatment sessions at 1-2 month intervals.

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By signing below, I acknowledge that I have read the foregoing BBL/Laser Hair Removal Consent Form and that I feel I have been adequately informed of the risks of laser surgery as well as alternate methods of treatment. I hereby consent to laser surgery, performed by Dr. Strimling and/or his associate(s). I consent to the taking of photographs before, during and after the procedure. These photographs will belong to the doctor and may be used for scientific purposes, including lecture presentations or publication in medical or scientific texts or periodicals. They will not be used for advertising without my express written consent that they may be used for this purpose.

\_\_\_\_\_  
Patient's Signature

\_\_\_\_\_  
Patient's Representative (Parent or Guardian) / Relationship to Patient

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Date