

This document is designed to provide information about the **HOLLYWOOD LASER PEEL FACIAL**, its benefits, potential risks, and alternative procedures. It is important that you read this information carefully and have all of your questions answered before signing the consent form.

Softer, Glowing Appearance With Little To No Downtime At All | Gentle & Effective | All Skin Types | All Year Round

**The Technology:** FDA approved **LUTRONIC HOLLYWOOD SPECTRA™** is the world's leading short pulse 1064/532 nm laser platform with proprietary capabilities to reduce unwanted pigmentation and restore glowing skin.

**The Procedure:** Revive your skin and fight the signs of aging with our revolutionary Hollywood Laser Peel Facial often referred to as the Hollywood Facial. **The Hollywood Laser Peel Facial addresses fine lines, wrinkles, acne, mild acne scars, uneven skin tone, oily skin, enlarged pores, inflammation & redness, and more.** This procedure is particularly favored for its minimal downtime and post-treatment precautions. A specialty carbon based lotion is applied onto the skin and allowed to penetrate into the pores. Then a mild laser is applied in two passes including long pulse mode that reaches deep into the skin to stimulate skin cell regeneration and to reduce redness and inflammation, then a secondary pass is applied using Q-Switch (ultra short high-energy superficial pulse) mode to completely remove the carbon, peeling away the old skin layer while unclogging pores and stimulating new healthy skin growth. This facial treatment has a cumulative effect. Successive sessions improve the results. Condition related symptoms, acne lesions and oil secretion begin to reduce (up to 30%) after the first treatment. After three to six treatments at 2-3 week intervals more dramatic results can be expected. The Hollywood Laser Peel Facial can be performed every couple weeks, monthly, or even just once before a special event. It depends on the results you are trying to achieve.

**Contraindications** include, but are not limited to the following:

- Pregnancy or breastfeeding (Precautionary principle)
- Accutane (*isotretinoin*) in the last 6 months
- Retin A topical or other skin-irritating products
- Aesthetic procedures/injections in the last 2 weeks
- Blood-thinning medications within the last week
- History of keloid scarring or abnormal wound healing
- Skin cancer or suspicious lesions
- History of skin allergies or sensitivities
- Tanned skin (Natural or self-tanning agent), or skin recently exposed to the sun
- Seizure disorder caused by bright light
- Poorly controlled medical conditions (*i.e. diabetes, vascular*)
- Impaired immune system and/or use of immunosuppressive medications
- Implanted medical devices in the treatment area
- Impaired judgment, psychological conditions, and substance or alcohol abuse
- **Patients with unrealistic expectations**

**Risks & Possible Side Effects** include, but are not limited to the following:

- Patient failure to follow pre/post-care instruction concerning appropriate activity, product use, and sun protection.
- Depending on individual tolerance level, indication, or treatment settings, patients may feel little to slight discomfort during the treatment.
- Common side effects such as slight redness usually subside within a few hours after treatment.
- Uncommon side effects such as bruising, skin irritation, and exacerbation of breakouts can occur, which usually resolves in a few days.
- Activation of individual sensitivities that may include, but are not limited to Herpes Simplex, cold sores, or acne flare-up may occur with dry and sensitive skin.
- Temporary skin discoloration (light or dark spots on the skin) lasting 1-6 months. Permanent skin discoloration is a very rare risk.
- Side effects can worsen with sun exposure and daily use of a good quality SPF is very important and highly recommended.
- There is a possibility of other risks which may not yet be known at this time.

Although the majority of patients do not experience any side effects and/or complications, you should discuss each of the above with your practitioner to make sure you understand the limitations, risks, and potential complications of this aesthetic procedure.

**Alternative Procedures:** Laser Treatments are elective aesthetic procedures that are not medically necessary or required.

**Pre / Post Care Instructions:** Compliance with the recommended pre / post care instructions as well as recommended follow-up visits by your practitioner are crucial for the success of your treatment and to prevent unnecessary side effects or complications. It is your responsibility to inform your practitioner of any changes in medical history, medications, and most recent sun exposure before each treatment is performed.

### **Before Your Treatment**

- You may not be pregnant or lactating.
- Patients who have used Accutane or similar products within the last 6 months CANNOT be treated.
- Avoid excessive sun exposure as well as the use of artificial tanning beds for 72 hours before treatment.
- Always use an SPF 30 or higher containing zinc oxide and/or titanium dioxide for proper sun protection.
- Discontinue the use of any topical products that may be drying or irritating (e.g. AHAs, BHAs, retinoids) for at least 48 hours prior.
- Discontinue use of over-the-counter acne medications such as benzoyl peroxide, glycolic acid, and salicylic acid for 48 hours prior.
- Refrain from waxing and use of depilatories for 48 hours prior.
- For men, shaving is not recommended on the day of treatment. If you choose to shave, please shave at least 3-4 hours prior (preferably shave a day before)
- Avoid other aesthetic procedures or cosmetic injections in the area(s) to be treated for 3 weeks before and after. Botox and fillers can be given on the same day but AFTER your treatment.
- If you are prone to cold sores, it is recommended to take antiviral medication for 2 or more days before and after.
- Stay hydrated by drinking 8+ glasses of water daily to improve results & healing time before and after treatment.

### **Day of Treatment**

- Arrive with clean skin free of any lotion, oil, makeup, powder, or sunscreen.
- Notify your practitioner of any changes in your medication, or health status, or personal activities that may be relevant to your treatment.

### **After Your Treatment**

- **Your practitioner will provide you with individual post-care recommendations after your procedure.**

### **General post-care information**

- After your Hollywood Laser Peel Facial, you will be able to return home and continue your usual activity. There is no downtime or recovery process involved with this treatment.
- Avoid all direct & indirect Sun Exposure and always use SPF30 or higher containing zinc oxide for proper sun protection.
- Avoid using any exfoliants or harsh chemical products for about 7 days post-treatment.
- Avoid public pools, hot tubs, saunas, steam rooms for the first 24 hours post-treatment.
- Depending on your skin care concerns, you may need multiple sessions to see optimal results.
- Do not have any other treatments for at least 2 weeks post-treatment.
- Rarely an itchy bump reaction can occur that looks like acne but itches and lasts for about 5-7 days. It can be covered with makeup, and you may take antihistamines like Claritin or Zyrtec if this occurs.
- It is important to inform your provider about the types of skincare products.

**If you experience any side effects, such as prolonged redness or swelling, histamine reaction, blisters, burns, or signs of infection please contact your practitioner immediately for proper assessment and further care instructions.**