

This document is designed to provide information about Q-Switched Laser treatments, their 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.

Most Advanced Q-Switched Nd:YAG Platform | All Skin Types | All Year Round | Quick, Comfortable & Effective Treatments

The Technology: FDA approved **LUTRONIC HOLLYWOOD SPECTRA™** produces four wavelengths 1064 nm, 532 nm, 585 nm, and 650 nm in “Q-Switched nanosecond” pulses to treat a wide array of dermatological and aesthetic conditions. Its intelligent features maximize efficacy, comfort, and speed to help achieve desired results.

The Procedure: The Q-switched Nd:YAG laser selectively destroys the chromophores of pigmented lesions and tattoos. These chromophores are fractured by photo-thermal and photo-mechanical actions as they absorb the light energy more rapidly and efficiently than the surrounding tissue. The pulse delivered by the laser is powerful enough to destroy its target, without harming surrounding skin. Topical anesthetics and chilled-air may be used to minimize any discomfort during the treatment. Individual results may vary and are difficult to predict. Consecutive treatments are highly recommended for optimal results. Future maintenance sessions may be required even if excellent results are achieved. *Age, ethnicity, metabolism, medications, supplements, hormonal changes, and other factors can affect recovery time and treatment results.* Complete clearance cannot be guaranteed but ideal candidates can achieve significant results.

Indications include, but are not limited to the following:

- **Tattoo Removal**
- **Epidermal Pigmented Lesions**
- **Solar Lentigines / Sun Spots**
- **Post Inflammatory Pigmentation (PIH)**
- **Melasma**
- **Freckles**
- **Seborrheic Keratosis**
- **Café-au-lait (Birthmarks)**
- **Common Nevi**
- **Nevus of Ota**
- **Skin Resurfacing**
- **Skin Rejuvenation**
- **Fine Lines & Wrinkles**
- **Acne Vulgaris**
- **Scars / Acne Scars**
- **Hollywood Carbon Facial**

Recommended Course of Treatment: An in-person consultation is recommended to assess suitability for **LUTRONIC HOLLYWOOD SPECTRA™** Laser Treatments. Questionable medical conditions and medications will require a clearance from your physician.

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 (*Aspirin, iron supplements, herbal supplements such as ginkgo, ginseng, garlic, or St. John's Wort*)
- History of keloid scarring or abnormal wound healing
- Skin cancer or suspicious lesions
- 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.
- Topical anesthetics, cold compress, and chilled-air may be used to minimize any discomfort during the treatment.
- Common expected skin reactions included mild erythema (redness), mild edema (swelling), itching, stinging sensation, and slight irritation or discomfort, which may last several hours to days post-procedure. All these reactions may become re-aggravated with heat or sweating.
- Other less common reactions include petechiae (pinpoint scabbing), or purpura (bruising), which can take several days to resolve.
- Activation of individual sensitivities that may include, but are not limited to Herpes Simplex, cold sores, or acne flare-up.
- Although infection following procedure is unusual, bacterial, fungal, and viral infections can occur. Should any type of infection occur, additional treatments or medical antibiotics may be necessary.
- Temporary skin discoloration (light or dark spots on the skin) lasting 1-6 months. Permanent skin discoloration is a very rare risk.
- Scarring, burns or skin infection, while rare, is possible when the skin surface is disruptive.
- There are risks of unforeseen complications, which can last months, years, or permanently. These are rare, but possible.

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, potential complications, and consequences of this aesthetic treatment.

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 (Precautionary principle).
- Patients who have used Accutane or similar products within the last 6 months CANNOT be treated.
- Discontinue the use of any topical products that may be drying or irritating (e.g. AHAs, BHAs, retinoids) 5-7 days prior.
- Avoid anti-inflammatory drugs (NSAIDs) for at least 3 days prior. These actions may interfere with the natural inflammatory process critical to proper healing and skin rejuvenation.
- Avoid taking any blood-thinning agents for 3-7 days prior unless otherwise prescribed by your physician.
- Avoid alcohol or caffeine 24 hours prior to the treatment.
- Avoid unprotected sun exposure, or tanning for at least 2 weeks prior to your procedure. Always use an SPF 30 or higher containing zinc oxide and/or titanium dioxide for proper sun protection.
- Avoid other aesthetic procedures and cosmetic injections in the area(s) to be treated for 2 weeks before and after the treatment.
- If you are prone to cold sores, it is recommended to take antiviral medication for 7 days before and after the treatment.
- Stay hydrated by drinking 8+ glasses of water daily to improve results & healing time.
- Please advise your practitioner if you have any forthcoming social engagement so a personal evaluation can be made as to any possible downtime associated with the 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.
- Topical numbing, chilled-air, and ice packs may be used to maximize your comfort during the treatment.

After Your Treatment

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

General post-care information

- Care should be taken to prevent trauma to the treated area especially for the first few days post-treatment.
- Patients will experience mild erythema (redness), mild edema (swelling), or a warm stinging (tingling) / sunburn-like sensation for several hours to days post-treatment, however for more aggressive treatments, these symptoms may last longer. Cool compress may be used until sensation subsides. Ice, wrapped in a soft cloth, may be applied to the treated area to reduce discomfort or any swelling that may occur.
- Keep the treated area well hydrated especially for the first 2 days.
- Avoid pressure from tight clothes.
- DO NOT wear Makeup for at least 48 hours.
- DO NOT pick, scratch or scrub the treatment area. It is imperative to allow natural healing to minimize post-treatment complications.
- Occasionally, a crust or scab may form over the treated lesion lasting for several days. DO NOT rub or forcefully remove the crust, allow crusts to fall off naturally. If a crust is forcefully removed, scarring may occur. You may apply makeup over these.
- Peeling may occur especially if there are a lot of brown spots or sun freckles on the treatment area.
- DO NOT use harsh cosmetics which contain ingredients such as Retinol or AHA for the first few days after your treatment.
- Avoid contact sports or excessive sweating during the healing period when the lesion is a reddish/purple discoloration.
- Avoid public pools, hot tubs, saunas, steam rooms for the first 24 hours after treatment.
- Avoid all direct & indirect sun exposure. ALWAYS USE SPF 30 or higher containing zinc oxide and/or titanium dioxide for proper sun protection. Sunscreen should be used on the treated area(s) immediately after treatment and on a daily basis.
- Do not have any other treatments for at least 2 weeks following treatment or until the skin has completely healed.

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.