

Soprano Ice Platinum Laser Hair Removal Care Sheet

Pre-treatment advice

- Avoid the sun 48 hours before treatment and 2 weeks after treatment. Also, avoid fake tan two weeks prior to treatment. You **MUST** avoid bleaching, plucking or waxing hair in-between treatments.
- Do not use hair removal creams 1 week prior to treatment.
- If have had a history of cold sores, Zovirax may be used prior to treatment and continued one week after treatment.
- You **MUST** shave the area the day before your treatment, if you arrive without shaving we may not be able to treat you.

Aftercare

- Immediately after treatment, there may be redness and swelling in the treatment area, this may feel like mild sunburn.
- The application of iced water during the first few hours after treatment will reduce any discomfort.
- The application of Aloe Vera gel or Environ Treatment Gel can continue at home
- Avoid makeup immediately after the treatment.
- Avoid sun exposure for 2 weeks to reduce the chance of hyper pigmentation or darker pigmentation.
- Use sunscreen SPF 30 or greater at all times throughout the course of treatment.
- Avoid picking or scratching the treated skin. Do not use any other hair removal treatment methods (waxing, electrolysis or tweezing) that will disturb the hair follicle at the treatment area for 4-6 weeks after a course.
- Shaving or depilatories may be used.
- 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.
- Anywhere from 5-19 days after the treatment, shedding of the surface hair may occur and this appears as new hair growth. This is **NOT** new hair growth. You can clean and remove the hair by washing or wiping the area with a wet cloth or Loofa sponge.
- After the underarms are treated, use a powder, instead of deodorant, for 24 hours after the treatment to reduce skin irritation.
- Avoid hot baths and heat treatments and treat the skin gently, as if you had sunburn, for the first 24 hours.

If you have any queries or concerns, please do not hesitate to call the clinic on 0121 350 8482.

If it is out of hours and you are concerned call 07557 435 041.

Pre-consent information for Soprano Ice Platinum Laser Hair Removal

What is Soprano Ice PLATINUM Laser Hair Removal?

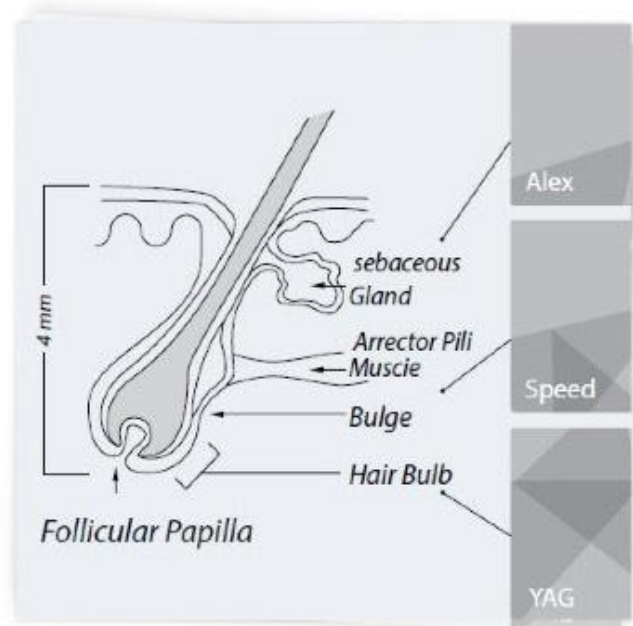
Soprano Ice Platinum is a type of laser hair removal that combines three simultaneous wavelengths in one applicator, Alexandrite (755nm) Diode (810nm) and ND:YAG 1064nm, giving you the ultimate all-round best reduction. Treatment sessions are much quicker than other traditional laser machines due to the gliding motion of the handpiece.

How is Soprano Ice PLATINUM different to other lasers?

Soprano Ice Platinum supersedes other lasers due to the three different technologies that target the hair follicle indifferent depths of the skin. The hand-piece also incorporates ICE Tech, which effectively keeps the skin cool, making the treatment virtually pain free and lowering the risk of burns. The sweeping motion ensures that there is maximum area coverage during the treatment. Rather than exposing hair follicles to a single high energy pulse which can cause trauma to the skin, SHR works by gradually heating the dermis to a temperature that effectively damages the hair follicles and prevents re-growth, while avoiding injury to the surrounding tissue.

How does laser hair removal work?

Soprano Ice PLATINUM targets the hair follicle at three different depths within the skin structure, ensuring that we are giving you the most coverage possible during your treatment. The Alexandrite 755nm offers more powerful energy absorption and works more towards the surface of the skin, making it ideal for light-coloured and thin hair. The Speed Diode 810nm offers deep penetration of the hair follicle with high average power, a high repetition rate and a large 2cm spot size for fast treatment. The 810nm has a moderate melanin absorption level making it safe for darker skin types leaving the surrounding tissue unaffected, making the treatment more comfortable. The YAG 1064 is a long pulsed laser is characterized by lower melanin absorption, making it a focused solution for darker skin types. At the same time, the 1064nm offers the deepest penetration of the hair follicle, allowing



it to target the Bulb and Papilla, as well as treat deeply embedded hair in areas such as the scalp, arm pits and pubic areas. With higher water absorption generating a higher temperature, the incorporation of the 1064nm wavelength increases the thermal profile of the overall laser treatment for most effective hair removal. Due to Soprano Ice Platinum having three different lasers, it enables us to treat all skin tones. Laser hair removal works best when the hair colour is dark, the only hair types we cannot treat are blonde, grey or white hairs because there is no pigment left for the laser to target.

Are there any risks associated with laser hair removal?

We do everything we possibly can to minimise the risk of side effects such as patch testing, checking medical history prior to every appointment and ensuring that all pre and post treatment advice is followed correctly. The risks associated with SHR are minimal due to the gradual heating up of the treatment area and the type of system that we are using. However, there are risks to any treatment that you decide to undertake, in relation to Laser Hair Removal the most common are:

- Erythema
- Peri-folliculitis (Inflammation around the hair follicles)
- Swelling (Mild)
- Heat Rash

Any rare adverse reactions would be the following:

- Burns
- Pigmentation (Hyper/Hypo)
- Scarring

What will happen during my consultation?

Your initial consultation with your practitioner should outline your expectations. We will do a full assessment of the area(s) that you wish to be treated which we will then follow with a patch test. The patch test will give you a good idea of how the treatment will feel and it also allows us to work out your treatment parameters before you have a full treatment.