



IPL HAIR REDUCTION JOURNEY BOOKLET

CLIENT NAME

CLINICIAN



INTRODUCTION TO

IPL Hair Reduction

IPL Hair Reduction treatment targets unwanted hair growth over a course of treatments. It uses non-invasive, broad-spectrum light to treat unwanted hair on the face and body. Using Intense Pulsed Light technology, we aim to cause targeted destruction of hair follicles without causing thermal trauma to the surrounding tissue. The IPL system can include the use of SHR, IPL and Dual Mode handpieces.

Considerations

Some cases are considered unsuitable for treatment:

- Fitzpatrick Skin Type VI, Grey, white, blonde, or strawberry blonde hair.
- Very fine hair, regardless of colour.
- Clients who are contraindicated to treatment.

8-12 treatments once every 4-8 weeks is required to achieve an effective result. This will depend on the area treated. Maintenance will be required every 3-6 months (client dependent).

Test patching is required 24-48 hours prior to treatment.

Goals & Expectations

What are your treatment expectations?

In what time frame do you expect to reach your goals?



CONTRAINDICATIONS



Please tick any of the below that apply to you:

MEDICAL

- Pregnancy or trying to become pregnant, Breast Feeding
- Cancer or Chemotherapy (within two years)
- Diabetes (type 1 & 2)
- Autoimmune Disorders (i.e. Graves disease, Hashimotos, vitiligo, lupus)
- Peripheral vascular or bleeding disorder
- Immuno-compromised patients (e.g. HIV, AIDS)
- Renal Failure (acute or chronic)
- Multiple Sclerosis
- History of Seizures or Epilepsy
- Surgical metal pins or plates beneath the tissue being treated
- Pacemakers and Internal Defibrillators (Dual Mode IPL)
- Active Herpes (HSV 1, HSV 2, Herpes Zoster/Shingles) in the treatment area
- Vitiligo
- Inflammatory disorders: Eczema or psoriasis in the treatment area
- Heart disease /cardiovascular conditions/bleeding disorders
- History of keloid scarring
- Hypoesthesia (numbness)
- Raised Moles and suspicious pigmented lesions
- Any other medical condition not mentioned above (seek medical advice)

NON -MEDICAL

- Tanned (Spray-tanned) or UV Exposure in the area to be treated (In the last four weeks)
- Chronic Sunbather
- Open Lesions or bruises
- Numbing cream in the treatment area
- Melanotan injections/ Permatan Nasal Spray with the last six months
- Clients aged less than 18 years old
- Tattoos in the treatment area (including cosmetic tattooing)
- Birthmarks
- Varicose Veins

CONTRAINDICATIONS



Please tick any of the below that apply to you:

MEDICATION

- User of Roaccutane (in the last six months)
- User of Retin-A or Tretinoin in the treatment area (in the last two weeks)
- Photosensitising medication or St Johns Wort (in the past two weeks)
- Fish oil/EFA's (for medical purposes only)
- Blood thinners/Aspirin
- Any other medication or supplement not mentioned above -(prescribed antibiotics, antidepressants), over-the-counter (i.e. Antihistamines, NSAIDS), herbal supplements

PRECAUTIONS

Please tick any of the below that apply to you:

- Skin Types IV & V (increased risk of hyper-pigmentation - use Tyrosinase inhibitor)
- If the client is unwell (flu, common cold, etc.)
- Alcohol/Smoking/Drugs within 48 hours
- Hair removal: Waxing, Plucking, Electrolysis, Epilation, Depilatory Creams (within 4 wks)
- IPL and Laser Hair Reduction in the treatment area (within 4 wks)
- Microneedling or IPL/Laser Skin Correction (in the last four to 2-6 wks)
- Hormonal imbalances: i.e. Polycystic Ovarian Syndrome
- Clients prone to Herpes (HSV 1, HSV 2)
- Active Skincare (Vitamin A, C and AHA + BHA within three days)
- Fillers (in the past four weeks)
- Anti-wrinkle injections (Botox or Dysport) (in the last 2 wks)
- Chemical Peel, Micro/Hydrodermabrasion and Microblading (in the last two weeks)
- Laser Resurfacing/ Cosmetic Surgery/Surgery (within 3-6 months). Please Specify:

- Allergies to Latex

Extra notes:

Scan here

to go your guide to understanding IPL contraindications



IPL HAIR REDUCTION

Treatment Preparation

Pre-treatment preparation and post-treatment care are vital steps of your IPL Hair Reduction treatments. In order to ensure a safe treatment and to get the best results, please follow all advice provided and reach out to your treatment provider if you have any questions. Failure to follow the below advice may increase the risk of undesirable effects.

TREATMENT PREPARATION

DAILY

A sunscreen with SPF 30 or greater should be applied to protect against UV damage, prevent sunburn and prevent compromised skin barrier function.

8 WEEKS PRE-TREATMENT

- Avoid waxing, plucking, threading (or removing the hair from the follicle), using depilatory creams or undertaking electrolysis (including between treatments)

4 WEEKS PRE-TREATMENT

- Avoid the use of fake tan and gradual tanning creams in the area to be treated.
- Avoid tanning and incidental sun exposure, including tanning beds/booths (including between treatments). The area needs to be covered and protected from the sun for safe and effective treatment.
- Avoid filler injections in the treatment area.

2 WEEKS PRE-TREATMENT

- Prepare the skin with suitable skincare. This will include a tyrosinase inhibitor for Fitzpatrick Skin.
- Types III+ and any skin prone to post-inflammatory hyperpigmentation (PIHP). Your treatment provider will advise you of your skincare recommendations.
- Avoid prescription-strength exfoliant creams on the treatment area.
- Avoid antiwrinkle injections (Botox / Dysport) in the treatment area.

1 WEEK PRE-TREATMENT

- Avoid benzyl peroxide application in the treatment area.
- If prone to cold sores, please speak to your pharmacist about a prophylactic course of antiviral medication.

3 DAYS PRE-TREATMENT

Avoid cosmeceutical Vitamin A, AHA's & BHA's, and Vitamin C application.

1 DAY PRE-TREATMENT

Please shave the treatment area thoroughly

DURING THE TREATMENT

Mild to moderate heat and discomfort is expected. Some people equate the sensation to a "rubber band flicking" on the area. These sensations should always be tolerable.

IMMEDIATELY AFTER & UP TO 5 DAYS POST-TREATMENT

- A mild sunburn-like sensation
- Swelling of the hair follicles (peri-follicular oedema) can occur and appear as small, raised, red bumps. This is a normal histamine reaction (Urticaria).
- Itchy or dry skin.

1-3 WEEKS POST-TREATMENT

- The appearance of "stubble". This is not hair re-growth. It is the remnant of treated hairs being expelled from the follicle. Allow this hair to fall out on its own, or encourage it with gentle exfoliation. Do not pluck or tweeze. You may shave during this period.
- Abnormal responses: Extreme redness, swelling or heat. Extreme sensitivity or blisters. Please contact your treatment provider immediately if you experience any of these responses.

WHAT TO EXPECT

ABNORMAL REACTION

Please contact your treatment provider immediately if you experience any of these responses.

- Extreme redness
- Extreme swelling
- Extreme heat
- Extreme sensitivity
- Blisters
- Bruising
- Pigmentation changes
- Scabbing / Crusting
- Paradoxical hypertrichosis
- Scarring, which may be permanent
- Burns
- Cold sores and acne outbreaks
- Allergic reaction
- Seizures
- Eye damage to the patient or operator, which may be permanent and include blindness (if appropriate eye protection is not worn)
- Temporary tingling and / or itchiness of the skin

IPL HAIR REDUCTION

Treatment Aftercare

Daily:

1. Use sunscreen with SPF 30 or greater should be applied.
2. Avoid sun exposure to treated areas.

For the first 24 hours post-treatment (or until redness and swelling subside):

1. Apply chilled aloe vera gel or post-laser gel up to 3 x a day.
2. A cold compress every hour for five to ten minutes may be soothing to the skin. Do not apply ice directly to the skin.
3. Avoid exercise and activities that increase perspiration and body temperature.
4. Avoid the use of pools, spas, and saunas.
5. Avoid extremely hot showers and baths.
6. Avoid the application of deodorant in the treatment area.

Up to 5 days post-treatment:

1. Avoid the use of scented lotions or soaps.
2. Avoid using cosmeceutical Vitamin A, AHA's, BHA's and Vitamin C.

Up to 1 - 4 weeks post-treatment:

1. Avoid the use of prescription strength exfoliant creams (prescriptive vitamin A).
2. Avoid antiwrinkle injections and filler injections in the treatment area.
3. After one week, start gently exfoliating the treated area. This may include using a loofah, mitts, AHA & BHA-based lotions or retinol. Use of these products sooner will aggravate the skin and cause skin inflammation during the healing phase.

IMPORTANT

Contact your treatment provider if you notice any blisters, crusts or open areas. Allow these to heal spontaneously. If healing is delayed, a thin coating of antibiotic ointment may be advised.

1. Do not pick at these areas. Picking may result in infection or scarring.
2. Your treatment provider will advise you when to schedule your next appointment, as different body areas require different treatment intervals. It is essential to adhere to this regime for the best results.
3. Maintenance treatments will be required and will be ongoing.

Throughout your treatment course, it is essential to advise your treatment provider of any of the following as these will influence treatment safety and efficacy:

- Sun exposure or fake tan application on the treatment area within the past four weeks.
- Any new health conditions, or if you have been unwell.
- Commencing any new medication (including short-term doses).
- Changes to current medications or supplements.
- If you are trying to become or become pregnant.

IPL HAIR REDUCTION



Client Consent

POTENTIAL (RARE) SIDE EFFECTS

IPL Skin Correction treatments are generally regarded as safe, effective treatments. However, in rare cases, unexpected results can arise, including:

- Extreme redness
- Extreme swelling
- Extreme heat
- Extreme sensitivity
- Blisters
- Bruising
- Pigmentation changes
- Scabbing / Crusting
- Paradoxical hypertrichosis
- Burns
- Cold sores and acne outbreaks
- Allergic reaction
- Seizures
- Scarring, which may be permanent
- Eye damage to the patient or operator, which may be permanent and include blindness (if appropriate eye protection is not worn)
- Temporary tingling and/or itchiness of the skin

Please contact your treatment provider immediately if you experience any of these responses.

PLEASE SIGN

I, _____ certify that the information contained within this document is true and correct and that I have been advised and fully informed of the procedure and the nature of the process discussed, along with all risks, responses and pre and post-care instructions. I hereby authorize and direct my treatment provider to perform such services as prescribed.

My signature below acknowledges that:

- I have read, understand, and fully agree to the treatment and product prescription.
- I understand the risks and contraindications for the treatments that have been prescribed.
- I give consent to the prescribed treatments that has been satisfactorily explained to me and my questions have been addressed.
- I hereby give my consent and authorization for my treatment provide to carry out the prescribed services. I release this organisation and its therapists of any claims that I have or may have in the future in connection with the described application or service.

IPL HAIR REDUCTION

CLINICIAN USE ONLY:

Use the skin condition code to tag conditions in the various zones of the face, neck & decolletage.

Baseline Skin Analysis

Skin Type:

- D: Dry
- O: Oily
- COM: Combination
- N: Normal

Ageing:

- LE: Loss Of Elasticity
- DW: Dynamic Wrinkles
- SW: Static Wrinkles

Pigmentation:

- SL: Solar Lentigo
- SK: Solar Keratosis
- F: Freckles
- PHI: Post Inflammatory
- HPO: Hypopigmentation
- M: Melasma

Vascular:

- T: Telangiectasia
- R: Redness
- BC: Broken Capillaries
- RC: Rosacea
- CA: Cherry Angioma

Acne:

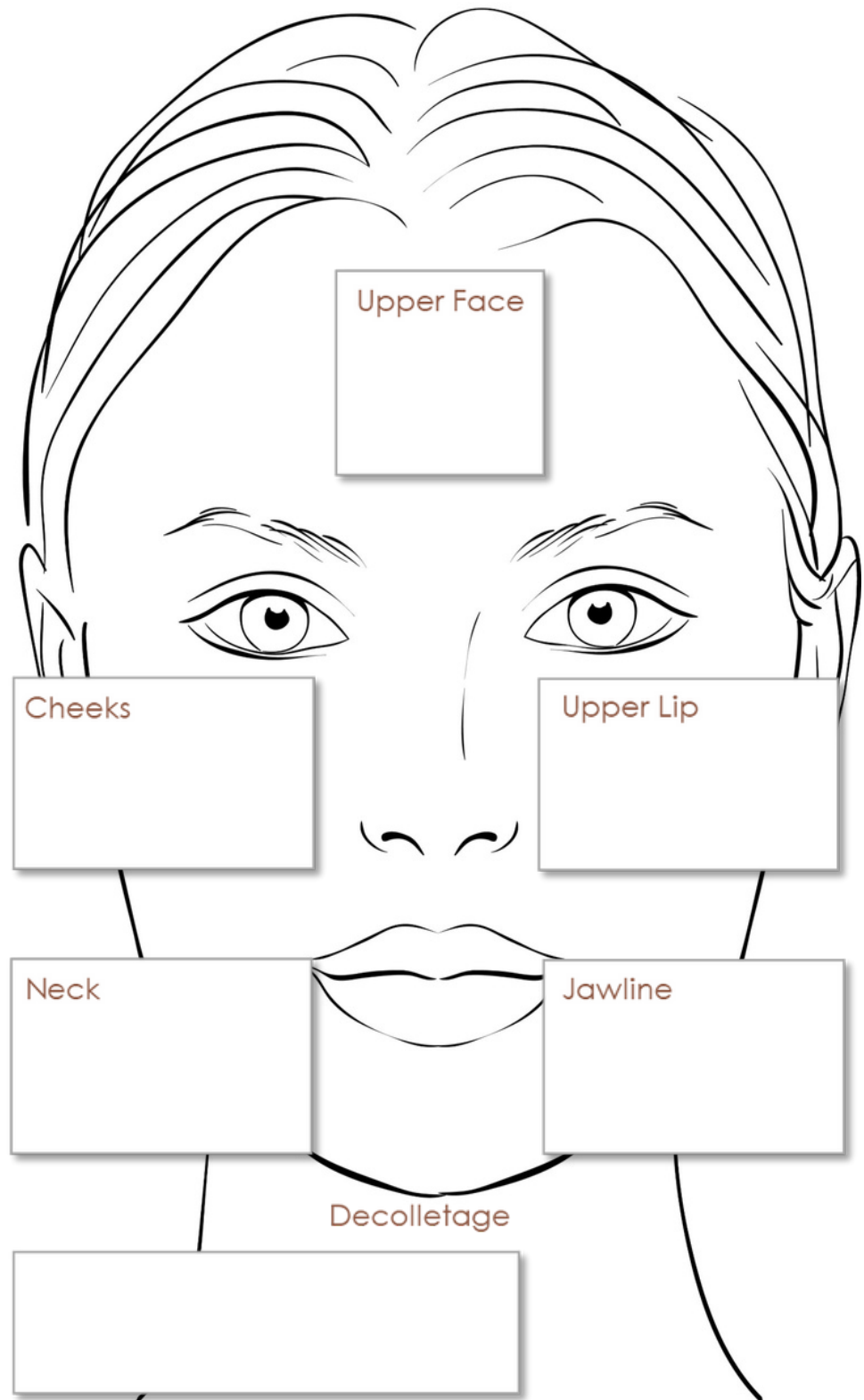
- P: Papules
- PU: Pustules
- C: Cysts
- CO: Congestion
- IA: Inflamed Acne
- EP: Enlarged Pores

Hair Growth:

- THG: Terminal Hair Growth
- VHG: Vellus Hair Growth
- DC: Dark Color
- BC: Blonde Colour
- RC: Red Colour
- GC: Grey Colour

Other:

- UT: Uneven Texture
- ST: Scar Tissue
- F: Filler
- B: Botox
- CT: Cosmetic Tattoo
- S: Sensitised
- DH: Dehydrated
- IB: Impaired Barrier



IPL HAIR REDUCTION

CLINICIAN USE ONLY:

Use the skin condition code to tag conditions in the various zones of the body.

Baseline Skin Analysis

Aging:

- LE: Loss Of Elasticity
- DW: Dynamic Wrinkles
- SW: Static Wrinkles

Pigmentation:

- SL: Solar Lentigo
- SK: Solar Keratosis
- F: Freckles
- PHI: Post Inflammatory
- HPO: Hypopigmentation

Vascular:

- T: Telangiectasia
- R: Redness
- BC: Broken Capillaries
- CA: Cherry Angioma

Acne:

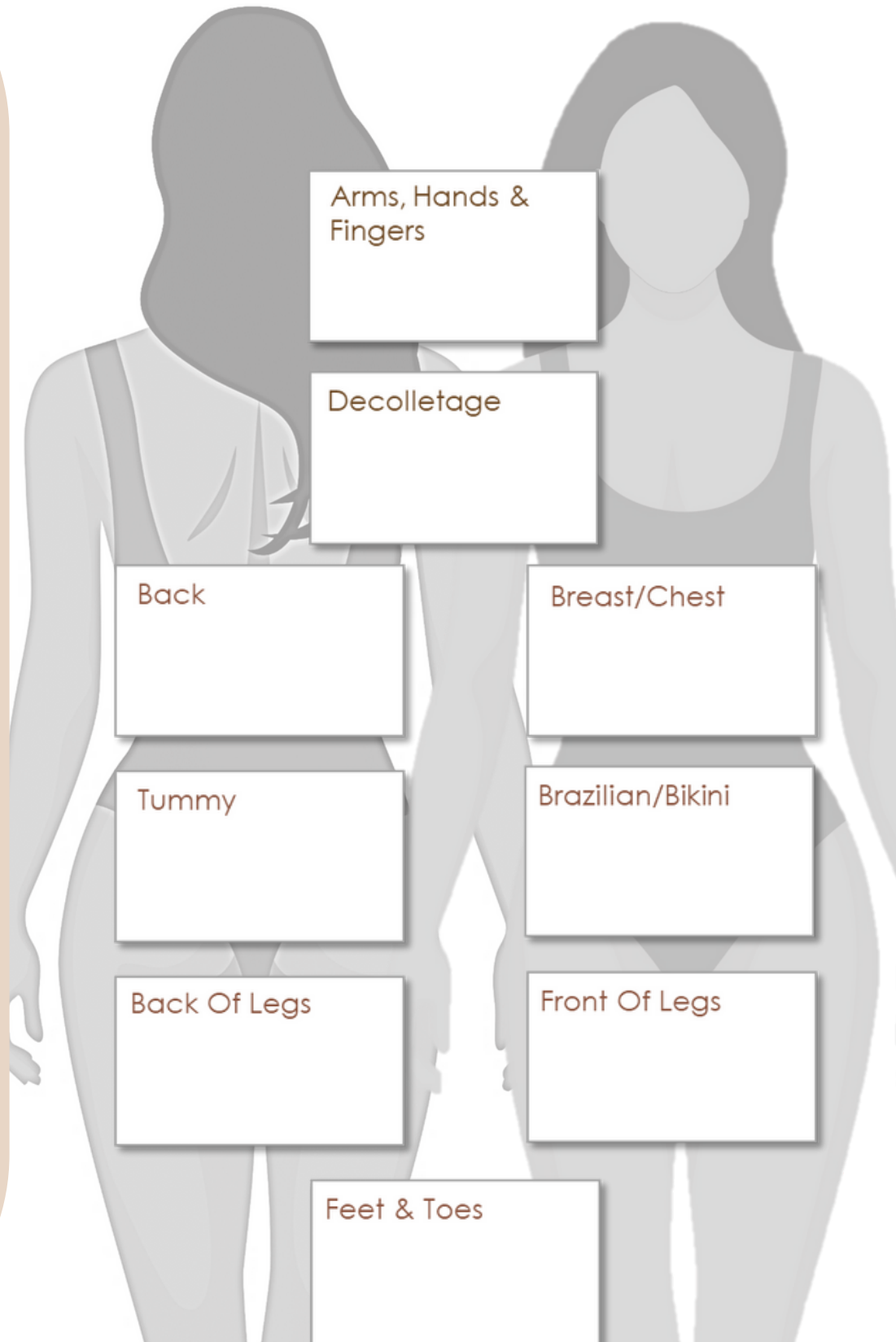
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Hair Growth:

- THG: Terminal Hair Growth
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- DC: Dark Color
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- RC: Red Colour
- GC: Grey Colour

Other:

- UT: Uneven Texture
- ST: Scar Tissue
- S: Sensitised
- DH: Dehydrated
- IB: Impaired Barrier
- KP: Keratosis Pilaris
- IH: Ingrown Hairs
- C: Cellulite
- SM: Stretch Marks
- FR: Fluid Retention
- T: Tattoo



IPL HAIR REDUCTION

Test Patch Record & Client Consent

CLIENT CONSENT TEST PATCH

Client Full Name

Client Signature Date

Witness Signature Date

SAFETY CHECKLIST

FITZ SKIN TYPE : BEFORE PHOTOS TAKEN AFTER PHOTOS TAKEN

CLINICIAN USE ONLY

TEST PATCH PARRAMETERS

HANDPIECE FILTER AREAS TREATED

TEST 1: J/CM2 TEST 2: J/CM2 TEST 3: J/CM2

HANDPIECE FILTER AREAS TREATED

TEST 1: J/CM2 TEST 2: J/CM2 TEST 3: J/CM2

HANDPIECE FILTER AREAS TREATED

TEST 1: J/CM2 TEST 2: J/CM2 TEST 3: J/CM2

IPL RECOMMENDED TREATMENT PLAN

.....

IPL RECOMMENDED PRODUCT PRESCRIPTION

.....

IPL HAIR REDUCTION

Treatment Record & Client Consent

CLIENT CONSENT

Treatment 1

Client Full Name

Client Signature Date

Witness Signature Date

SAFETY CHECKLIST

IPL

SHR

DUAL MODE

TREATMENT 1 PARAMETERS

FILTER J/CM2 AREAS TREATED

FILTER J/CM2 AREAS TREATED

FILTER J/CM2 AREAS TREATED

FILTER J/CM2 AREAS TREATED

SKIN & BODY CARE PRESCRIPTION

TREATMENT 1 NOTES

CLINICIAN USE ONLY

IPL HAIR REDUCTION

Treatment Record & Client Consent

CLIENT CONSENT

Treatment 2

Client Full Name

Client Signature Date

Witness Signature Date

SAFETY CHECKLIST

IPL

SHR

DUAL MODE

CLINICIAN USE ONLY

TREATMENT 2 PARAMETERS

FILTER J/CM2 AREAS TREATED

FILTER J/CM2 AREAS TREATED

FILTER J/CM2 AREAS TREATED

FILTER J/CM2 AREAS TREATED

SKIN & BODY CARE PRESCRIPTION

Large rounded rectangular area for skin and body care prescription.

TREATMENT 1 NOTES

Large rounded rectangular area for treatment 1 notes.

IPL HAIR REDUCTION

Treatment Record & Client Consent

CLIENT CONSENT

Treatment 3

Client Full Name

Client Signature Date

Witness Signature Date

SAFETY CHECKLIST

IPL

SHR

DUAL MODE

CLINICIAN USE ONLY

TREATMENT 3 PARAMETERS

FILTER J/CM2 AREAS TREATED

FILTER J/CM2 AREAS TREATED

FILTER J/CM2 AREAS TREATED

FILTER J/CM2 AREAS TREATED

SKIN & BODY CARE PRESCRIPTION

Large rounded rectangular area for skin and body care prescription.

TREATMENT 1 NOTES

Large rounded rectangular area for treatment notes.

IPL HAIR REDUCTION

Treatment Record & Client Consent

CLIENT CONSENT

Treatment 4

Client Full Name

Client Signature Date

Witness Signature Date

SAFETY CHECKLIST

IPL

SHR

DUAL MODE

CLINICIAN USE ONLY

TREATMENT 4 PARAMETERS

FILTER J/CM2 AREAS TREATED

FILTER J/CM2 AREAS TREATED

FILTER J/CM2 AREAS TREATED

FILTER J/CM2 AREAS TREATED

SKIN & BODY CARE PRESCRIPTION

TREATMENT 1 NOTES

IPL HAIR REDUCTION

Treatment Record & Client Consent

CLIENT CONSENT

Treatment 5

Client Full Name

Client Signature Date

Witness Signature Date

SAFETY CHECKLIST

IPL

SHR

DUAL MODE

CLINICIAN USE ONLY

TREATMENT 5 PARAMETERS

FILTER J/CM2 AREAS TREATED

FILTER J/CM2 AREAS TREATED

FILTER J/CM2 AREAS TREATED

FILTER J/CM2 AREAS TREATED

SKIN & BODY CARE PRESCRIPTION

Large rounded rectangular area for skin and body care prescription.

TREATMENT 1 NOTES

Large rounded rectangular area for treatment notes.

IPL HAIR REDUCTION

Treatment Record & Client Consent

CLIENT CONSENT Treatment 6

Client Full Name

Client Signature Date

Witness Signature Date

SAFETY CHECKLIST

IPL

SHR

DUAL MODE

CLINICIAN USE ONLY

TREATMENT 6 PARAMETERS

FILTER J/CM2 AREAS TREATED

FILTER J/CM2 AREAS TREATED

FILTER J/CM2 AREAS TREATED

FILTER J/CM2 AREAS TREATED

SKIN & BODY CARE PRESCRIPTION

TREATMENT 1 NOTES

IPL HAIR REDUCTION

Treatment Record & Client Consent

CLIENT CONSENT

Treatment 7

Client Full Name

Client Signature Date

Witness Signature Date

SAFETY CHECKLIST

IPL

SHR

DUAL MODE

CLINICIAN USE ONLY

TREATMENT 7 PARAMETERS

FILTER J/CM2 AREAS TREATED

FILTER J/CM2 AREAS TREATED

FILTER J/CM2 AREAS TREATED

FILTER J/CM2 AREAS TREATED

SKIN & BODY CARE PRESCRIPTION

Large rounded rectangular area for skin and body care prescription.

TREATMENT 1 NOTES

Large rounded rectangular area for treatment notes.

IPL HAIR REDUCTION

Treatment Record & Client Consent

CLIENT CONSENT

Treatment 8

Client Full Name

Client Signature Date

Witness Signature Date

SAFETY CHECKLIST

IPL

SHR

DUAL MODE

CLINICIAN USE ONLY

TREATMENT 8 PARAMETERS

FILTER J/CM2 AREAS TREATED

FILTER J/CM2 AREAS TREATED

FILTER J/CM2 AREAS TREATED

FILTER J/CM2 AREAS TREATED

SKIN & BODY CARE PRESCRIPTION

Large rounded rectangular area for skin and body care prescription.

TREATMENT 1 NOTES

Large rounded rectangular area for treatment notes.

IPL HAIR REDUCTION

Treatment Record & Client Consent

CLIENT CONSENT Treatment 9

Client Full Name

Client Signature Date

Witness Signature Date

SAFETY CHECKLIST

IPL

SHR

DUAL MODE

CLINICIAN USE ONLY

TREATMENT 9 PARAMETERS

FILTER J/CM2 AREAS TREATED

FILTER J/CM2 AREAS TREATED

FILTER J/CM2 AREAS TREATED

FILTER J/CM2 AREAS TREATED

SKIN & BODY CARE PRESCRIPTION

TREATMENT 1 NOTES

IPL HAIR REDUCTION

Treatment Record & Client Consent

CLIENT CONSENT Treatment 10

Client Full Name

Client Signature Date

Witness Signature Date

SAFETY CHECKLIST

IPL

SHR

DUAL MODE

CLINICIAN USE ONLY

TREATMENT 10 PARAMETERS

FILTER J/CM2 AREAS TREATED

FILTER J/CM2 AREAS TREATED

FILTER J/CM2 AREAS TREATED

FILTER J/CM2 AREAS TREATED

SKIN & BODY CARE PRESCRIPTION

TREATMENT 1 NOTES

IPL HAIR REDUCTION

Treatment Record & Client Consent

CLIENT CONSENT

Treatment 11

Client Full Name

Client Signature Date

Witness Signature Date

SAFETY CHECKLIST

IPL

SHR

DUAL MODE

CLINICIAN USE ONLY

TREATMENT 11 PARAMETERS

FILTER J/CM2 AREAS TREATED

FILTER J/CM2 AREAS TREATED

FILTER J/CM2 AREAS TREATED

FILTER J/CM2 AREAS TREATED

SKIN & BODY CARE PRESCRIPTION

Large rounded rectangular area for skin and body care prescription.

TREATMENT 1 NOTES

Large rounded rectangular area for treatment notes.

IPL HAIR REDUCTION

Treatment Record & Client Consent

CLIENT CONSENT

Treatment 12

Client Full Name

Client Signature Date

Witness Signature Date

SAFETY CHECKLIST

IPL

SHR

DUAL MODE

CLINICIAN USE ONLY

TREATMENT 12 PARAMETERS

FILTER J/CM2 AREAS TREATED

FILTER J/CM2 AREAS TREATED

FILTER J/CM2 AREAS TREATED

FILTER J/CM2 AREAS TREATED

SKIN & BODY CARE PRESCRIPTION

Large rounded rectangular area for skin and body care prescription.

TREATMENT 1 NOTES

Large rounded rectangular area for treatment notes.