



## Intense Pulsed Light (Hair Removal)

### Procedure Information Sheet

#### Introduction

During intense pulsed light treatment, the light is selectively absorbed by the melanin in the hair follicles. This heats up the hair follicles and causes damages that slow or stop hair growth.

#### Indications

Excessive or unwanted hair over the face, axilla and the limbs.

#### Before the Operation / Procedure

1. Local anaesthesia may be required.
2. Avoid waxing or plucking hairs for at least 2 weeks before treatment.
3. Avoid sun exposure prior to the procedure.
4. Multiple treatments are required for improvement.
5. Treatment usually results in slower hair growth and hair reduction.
6. Clinical results vary and there is no guarantee to the final outcome of the treatment.
7. Recurrence is possible.
8. Photographs will be taken before and after the procedure.

#### After the Operation / Procedure

1. Redness is common after treatment.
2. Routine skin care products and makeup may be used after the procedure.
3. Apply sunscreen and avoid exposure to sunlight.

#### Risks and Complications

1. Redness, bruising, swelling, pain, blistering, scarring.
2. Hyper- or hypo-pigmentation may last for 1-12 months or longer.
3. Folliculitis, hypertrichosis, lightening of hair colour.

#### Disclaimer

This leaflet only provides general information pertaining to this operation / procedure. While common risks and complications are described, the list is not exhaustive, and the degree of risk could also vary between patients. Please contact your doctor for detailed information and specific enquiry.

#### Reference

1. M M Thomas et al. The "in's and outs" of laser hair removal: a mini review. J Cosmet Laser Ther 2019.21(6):316-322
2. G Z Szima et al. Comparison of hair removal efficacy and side effect of neodymium:Yttrium-aluminum-garnet laser and intense pulsed light systems (18-month follow-up). J Cosmet Derm 2017.16(2):193-198

Patient's Label  
Patient Name: \_\_\_\_\_  
Hospital No: \_\_\_\_\_  
Episode No: \_\_\_\_\_

Patient's Signature: \_\_\_\_\_ Date: \_\_\_\_\_