

Nature of the Procedure

Non-ablative laser rejuvenation with Nd:YAG 1064 nm stimulates collagen fibres without disrupting the skin's surface layer. It aims to improve the tone, density and texture of the face, neck, décolleté and hands and may affect diffuse redness, fine lines, wrinkles, enlarged pores, active inflammation and acne scars, rosacea and vascular changes.

The procedure is performed with Candela GentleMax Pro Plus. The ultra-short pulse provides controlled heating of the superficial layers and stimulates cells associated with new connective tissue; it may also affect small superficial capillaries.

Course and Expected Results

- Usually 3-6 procedures at 4-week intervals. The effect after the first is generally less pronounced than the final result.
- Following consultation, the skin and concerns are assessed and the appropriate treatment, parameters and number of procedures are determined.
- The result is individual and varies according to the condition of the body.

Possible Reactions

- redness, erythema and swelling;
- temporary hyper- or hypopigmentation;
- quickly resolving bruising;
- in very rare cases - a burn.

Aftercare and Important Instructions

- Use SPF 50+ and follow all individual instructions.
- Report any unusual or persistent reaction immediately.

Contraindications

- Accutane/isotretinoin - at least 6 months after completion; photosensitising medication within the last 3-5 days;
- anticoagulants, iron or herbs such as ginkgo, ginseng and garlic - increased risk of bruising;
- tattoo or permanent make-up in the area; photosensitivity; epilepsy;
- pregnancy and breastfeeding; herpes simplex; active skin infection;
- diagnosed but untreated illness; cancerous lesions;
- sensitivity to low temperatures; keloid scars; medical implant - subject to medical consultation;
- active tan or recent sun exposure/solarium/self-tanner; recent exfoliation;
- Botox - wait 3-4 weeks; fillers - the therapist must be informed.

Preparation Before the Procedure

- No laser hair removal in the area for at least 1 week; men's facial hair must be clean-shaven.
- Avoid active sun exposure and solariums for at least 2 weeks before and after the procedure.
- Do not use self-tanner for at least 1 week before the procedure.
- On the day, do not apply cream, lotion, make-up, deodorant or another product to the area.
- Wear covering clothing and use SPF 50+ when exposed to the sun.
- Do not exfoliate the area for at least 1 week before the procedure.
- Do not use a sauna, steam bath or heated pool for at least 48 hours before and after the procedure.

Information You Must Share with the Therapist

- hormonal/endocrine disorders - imbalance, polycystic ovary syndrome, diabetes, Hashimoto's disease and others;
- medication, supplements, other illnesses and allergies;
- recent cosmetic, injectable or laser procedures in the area;
- cigarette/alcohol use, active tan and all listed contraindications.

Client Declaration

- I have read and understood the information, preparation, aftercare, warnings and possible reactions.
- I have provided complete and accurate information and have not withheld any contraindication or health-related circumstance.
- I will notify Body Aesthetics of any change during the course: medication or cosmetic product, illness, allergic reaction, pregnancy, or another medical/cosmetic procedure.
- I understand that reactions and results are individual and may depend on my body, health and hormonal status, lifestyle, diet and physical activity.
- I consent to the maintenance of a personal record containing information about the procedures performed.
- I had the opportunity to ask questions and received comprehensive answers; I consent to the procedure being performed.
- I understand that Body Aesthetics and the therapist are not liable if I fail to follow the instructions or to report a change.

☐ I have read and understood the conditions and contraindications for the laser rejuvenation procedure.

☐ I have read the BODY AESTHETICS PRIVACY AND PERSONAL DATA PROTECTION POLICY and the Terms and Conditions published on the website, and I agree to them.

Photographs and Measurements

1. For recording and monitoring results:

☐ I AGREE

☐ I DO NOT AGREE

2. For publishing images approved by me, showing "before/after" results, on Body Aesthetics social media and website:

☐ I AGREE

☐ I DO NOT AGREE

Client Details and Signatures

Full name

Date of birth

Telephone

Email

Date

Client signature

Therapist name and signature