distill
LASER CLINIC

PROFESSIONAL TRAINING SYLLABUS, DISTILL LASER CLINIC, NORTH YORK

DISTILL LASER CLINIC (NORTH YORK) · CLINICAL LASER TRAINING PROGRAM

Clinical Laser Hair Removal *Training*

Syllabus and Safety Knowledge Review

A Professional Curriculum Grounded in Health Canada and Ontario Regulatory Standards

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CREATED BY SWALEEN NISSAN

Lead Medical Aesthetician, 20+ Years Experience

Distill Laser Clinic, Toronto, Ontario

WELCOME

Safety, Knowledge, and Custom Calibration

Welcome to the official Laser Hair Removal Training and Consulting syllabus at Distill Laser Clinic. Over my twenty plus years in medical aesthetics, conducting over 10,000 advanced laser and skin treatments, I have learned that the key to clinical success is safety, knowledge, and custom calibration.

This syllabus is designed to translate complex medical physics and regulatory requirements into a structured, high-yield curriculum. By completing this seven-module program and the safety knowledge review, you will build the clinical confidence and practical expertise required to operate Class 4 laser workstations safely and successfully within the province of Ontario.

Swaleen Nissan
Lead Medical Aesthetician
Distill Laser Clinic, Toronto

10,000+ TREATMENTS

COURSE TITLE	Clinical Laser Hair Removal Theory and Practical Training
TOTAL DURATION	7 Comprehensive Training Modules (Lectures & Practical Lab)
PRE-REQUISITES	Active Aesthetician Diploma, Registered Nurse License, or equivalent
STANDARD DEVICES	755 nm Alexandrite and 1064 nm Nd:YAG platforms. Training is device-agnostic and delivered on your clinic's own equipment.
REGULATORY COMPLIANCE	Health Canada Laser Safety Guidelines & CPSO Directives

01 MODULE ONE

Skin and Hair Assessment

CORE FOCUS

Fitzpatrick skin typing, melanin absorption dynamics, hair evaluation, and physiological safety parameters.

To deliver safe treatments, operators must look past the surface to evaluate the biological variables that dictate safety:

Fitzpatrick Skin Typing	Standardizing the clinical classification of skin tones (I through VI) based on melanin density and response to UV exposure.
The Physics of Skin Melanin	Light complexions (Fitzpatrick I to III) contain less skin melanin, meaning the epidermis absorbs less energy. Conversely, darker skin tones (Fitzpatrick IV to VI) or tanned skin contain high concentrations of epidermal melanin. This competes for laser absorption, creating high risk for burns, blistering, and severe hyperpigmentation or hypopigmentation.
Hair Evaluation	Assessing hair colour, hair thickness (coarse versus fine), density, and growth location to predict laser energy absorption.
Physical Landmarks	Systematically scanning for tattoos, dark moles, freckles, skin lesions, or permanent makeup, which must be bypassed to prevent burns or irregular laser absorption.

02 MODULE TWO

How Laser Hair Removal Actually Works

CORE FOCUS

Selective photothermolysis, hair growth biology, and wavelength optimization.

This module establishes the core principles of laser physics and hair biology:

Selective Photothermolysis	Delivering a specific wavelength of light in a precise pulse duration to selectively heat and destroy melanin-rich hair follicles without damaging the surrounding tissue.
The Anagen Phase Rule	Explaining that laser energy only disables follicles during the anagen (active growth) phase, when the hair is connected to its nutrient-rich blood supply. Because hair growth is asynchronous, multiple treatments are mandatory.
Treatment Spacing and Session Count	Standardizing treatment plans, explaining that clients require 6 to 8 sessions spaced 4 to 8 weeks apart (depending on the body zone) for long-term hair reduction.

Dual-Wavelength Comparison

Controlling the treatment using the appropriate wavelength:

755 nm Alexandrite

Safest for light skin (Fitzpatrick I to III) and fine hair due to high melanin absorption.

1064 nm Nd:YAG

The clinical gold standard for deep skin tones (Fitzpatrick IV to VI), bypassing epidermal melanin to target the deep bulb safely.

03

MODULE THREE

Clinical Consultation and Pre-Screening

CORE FOCUS

Patient intake, safety screening, medical contraindications, and expectation management.

Trainees learn to conduct a legally defensive clinical screening process:

Contraindication Screening

Identifying key conditions that disqualify or delay treatments, including active skin infections, open wounds, a history of keloid scarring, active herpes simplex outbreaks (requiring prophylactic antivirals), pregnancy, or nursing.

The Accutane Timeline

Verifying that the patient has been off Isotretinoin (Accutane) for a minimum of 6 months, as the drug severely compromises the skin's ability to heal.

Pre-Treatment Compliance

Educating clients to avoid waxing, plucking, electrolysis, threading, or chemical peels for 4 to 6 weeks before treatments, as these remove the hair bulb target.

Shaving Protocols

Ensuring the client cleanly shaves the treatment area 12 to 24 hours before the session, preventing surface hair from absorbing laser heat and burning the skin.

04 MODULE FOUR

Class 4 Laser Safety Protocols & Eye Protection

> **CORE FOCUS**
> Ocular hazards of Near-Infrared radiation, protective eyewear, room controls, and epidermal cooling.

High-powered Class 4 medical lasers require strict hazard controls:

Retinal Burn Hazards

Near-Infrared laser light is invisible to the human eye but passes easily through the cornea and lens to focus directly onto the retina. This increases energy density on the fovea by 10,000 to 100,000 times, causing instant, irreversible blindness.

Eyewear Mandates

Every person in the treatment room must wear specialized protective eyewear. Goggles must fit snugly, have side shields, and be labeled with the exact operating wavelengths (755 nm and 1064 nm) with a minimum Optical Density (OD) of 5 or greater.

Laser Controlled Area (LCA)

Setting up a secure treatment zone by covering windows, removing reflective items (mirrors, jewelry) that cause scattered reflections, and posting official 'DANGER: CLASS 4 LASER' warning signs on locked entryway doors.

Epidermal Cooling

Actively protecting the skin surface during treatment using built-in cryogen sprays (Dynamic Cooling Device or DCD) or cold air (Zimmer chillers) to freeze and protect the epidermis milliseconds before each pulse.

05 MODULE FIVE

Treatment Planning and Calibration

CORE FOCUS

Spot size selection, pulse duration adjustment, fluence settings, and modern safety tracking.

Trainees learn to configure the laser workstation to optimize clinical results:

Spot Size Selection	Utilizing larger spot sizes (up to 18 mm or 24 mm on advanced workstations) to achieve deeper dermal penetration and faster treatment coverage.
Pulse Duration Calibration	Using shorter pulse durations for fine hairs and longer pulse durations for thick, coarse hairs to protect the tissue.
Fluence Customization	Adjusting the energy density (Joules per square centimetre) carefully based on hair response and patient feedback, preventing burns while ensuring hair destruction.
Speed-Sensing Technology	Learning to operate advanced systems that feature built-in speed-sensing rollers. This automatically tracks hand speed to deliver perfectly uniform laser pulses with a safe, overlapping margin.

06 MODULE SIX

Comprehensive Aftercare and the Healing Cascade

CORE FOCUS

Post-care clinical guidelines, normal skin reactions, and warning signs.

Post-treatment patient guidance is vital to prevent secondary complications:

Normal Healing Expectations

Reassuring clients that mild redness, swelling (follicular edema), and warmth (similar to a sunburn) are healthy, expected responses that typically resolve in 1 to 3 days.

Sun Protection Mandate

Strictly instructing clients to avoid all direct sun exposure, fake tanners, and tanning beds for a minimum of 2 weeks. Applying broad-spectrum physical SPF 30+ sunscreen daily is non-negotiable to prevent pigment changes.

The Shedding Timeline

Explaining that dead, treated hairs will work their way out of the skin 2 to 3 weeks after the session. Clients must not pluck or wax these shedding hairs, though shaving is allowed.

Skincare Restrictions

Instructing clients to avoid hot baths, saunas, heavy workouts, swimming pools, and active skincare (retinols, glycolic acids, scrubs) for forty-eight hours to keep the healing skin barrier safe.

07

MODULE SEVEN

The Consultation Workflow and Clinical Compliance

CORE FOCUS

Educational consultations, package sales, and Ontario medical delegation laws.

The final module bridges clinical excellence with business success and legal compliance:

The Honest Consultation

Moving away from aggressive sales. Instead, focus on transparently educating clients, debunking myths (such as 'pain-free' or '100% hair removal'), and setting clear biological limits.

Explaining Package Value

Educating clients on the hair growth cycles to explain why a single session is not enough, and why purchasing a 6 to 8 session package is required to achieve stable results.

ONTARIO CPSO COMPLIANCE

Educating staff on regulatory awareness in Ontario. Clinics operating under medical direction should follow College of Physicians and Surgeons of Ontario delegation guidance, and every clinic remains responsible for confirming its own regulatory obligations, supervision structure, and scope of practice.

CLINICAL SAFETY EXAM

Class 4 Laser Safety Knowledge Review

A score of 80 percent or higher is recommended before hands-on practice. Answer all questions below.

1. **Why is the 1064 nm Nd:YAG laser the clinical safety standard for treating Fitzpatrick Skin Types IV to VI?**

A) It has a higher melanin absorption rate than the Alexandrite laser.

B) Its longer wavelength penetrates deeper to bypass epidermal melanin, protecting the dark skin surface.

C) It works only on the surface of the skin, preventing deep burns.

D) It requires no cooling or protective eyewear.

2. **Why is Near-Infrared (Near-IR) laser radiation uniquely dangerous to the human eye?**

A) It causes instant corneal scratching.

B) It is invisible and passes through the cornea and lens to focus directly onto the retina, increasing energy concentration by 10,000 to 100,000 times.

C) It damages only the outer eyelid and causes no internal blindness.

D) It causes cataracts only after twenty years of exposure.

3. **How long must a clinical patient be completely off Isotretinoin (Accutane) before receiving a laser treatment?**

A) 24 hours.

B) 2 weeks.

C) 6 months, as the medication severely compromises skin healing capacity.

D) Accutane is not a contraindication for laser hair removal.

4. **What is the biological reason why clients require a series of 6 to 8 sessions to achieve optimal results?**

A) The laser is only powerful enough to destroy 10 percent of the hair at a time.

B) Laser energy only disables follicles during the anagen (active growth) phase. Multiple sessions are needed to catch every follicle in this phase.

C) Hair growth cycles speed up after each treatment session.

D) Clients must build up a tolerance to the laser heat.

5. **Which of the following is a strict pre-treatment client directive that must be verified during the pre-screening consult?**

A) The client must wax or pluck the treatment area 2 days before the session.

B) The client must avoid all direct sun exposure and tanning for at least 2 weeks, and shave the area 12 to 24 hours before the session.

C) The client must apply a heavy cosmetic tanning lotion right before the laser is fired.

D) The client must keep the hair at least two inches long so the laser can see it.

6. **In a clinic operating under a physician-delegation model in Ontario, which of the following is a widely followed clinical practice before a technician performs a Class 4 laser treatment?**

A) An initial, face-to-face clinical assessment of the patient is performed by the clinic's Physician Medical Director.

B) The technician must have performed at least 50 treatments on themselves.

C) The clinic must offer a 100 percent lifetime hairless guarantee.

D) The client must sign a waiver stating they will not seek medical help if they get burned.

TRAINING COMPLETION RECORD (FOR TRAINER USE ONLY)

Candidate Name: _____ **Date:** _____

Knowledge Review Score: _____ % **Practical Lab Review:** Complete / In Progress

Trainer Signature: _____

SAFETY KNOWLEDGE REVIEW ANSWER KEY

1-B, 2-B, 3-C, 4-B, 5-B, 6-A. Answers reflect Health Canada laser safety guidance and common clinical practice in Ontario.

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