



Infrared K-Laser Therapy Informed Consent Form

What is infrared K-laser therapy?

K-Laser therapy is a safe and effective therapy that is FDA cleared for the temporary relief of pain and reduction of symptoms associated with mild arthritis and muscle pain. Laser also promotes relaxation of muscle spasm and promotes vasodilation.

Pain relief from laser therapy may be dramatic and substantial, lasting for hours, days or weeks. The primary effects of K-Laser treatments are increased circulation, the release of more oxygen from the bloodstream and enhanced utilization of that oxygen to increase ATP production. Mitochondria are a likely site for the initial effects, leading to increased ATP production, modulation of reactive oxygen species and induction of transcription factors. These effects lead to increased cell proliferation and migration, modulation of cytokines levels, growth factors and inflammatory mediators, and increased tissue oxygenation. Cell permeability is also enhanced/increased. Basically, laser therapy can help with tissue repair most notably in chronic pain/injury.

Studies have also shown that laser promotes accelerated nerve regeneration and improved functional recovery of peripheral nerves (ie. diabetic neuropathy).

How many treatment sessions will I need?

The number of K-laser sessions you will need depends on the nature and duration of your condition, and other factors. Some acute conditions will respond in 6 or fewer sessions, whereas chronic conditions may take 15 or more treatments. Some chronic conditions require ongoing care to sustain pain relief and functionality.

Treatment Costs?

Treatment cost is \$75 per session, with a package of six costing \$360 if prepaid in advance.

What does it feel like to get a treatment?

Most patients describe it as a very soothing, warm sensation. Since, the K-laser is a high-powered therapy laser, your skin will get warm during the treatment. Many patients feel a significant reduction in pain on the first visit. Occasionally, patients will feel slightly more pain immediately after the treatment- and then feel much better the next day.

How will I feel after the treatment?

You may feel pain relief after just the first treatment. For other patients, it takes a while longer. Most patients report feeling very relaxed, or even tired. If you feel a lot less pain, keep in mind that pain reduction is just one goal. The K-laser is giving your body's cell more energy, so they repair and regenerate new tissues. The effect of K-laser therapy treatments is cumulative. You will be getting more benefit with successive treatments.

Do I need to take special precautions after my K-Laser treatment?

One effect of the K-laser treatment is vasodilation- which means your blood and lymphatic vessels have a larger diameter. This helps with inflammation reduction, but for some people the vasodilation can also make them sore. Use ice on the area, as directed by your doctor. You could use a pain relief gel, such as Rocksauce or Biofreeze.

I feel a lot better- but I still have sessions remaining in the K-laser treatment package I bought. What should I do?

Pain relief is just one goal in your care. K-laser treatments help your body's repair and regeneration processes. Completing your K-laser session package will further assist the healing processes. We suggest that you use all the treatments in the package, to ensure the most effective care possible.

Why do I have to wear safety glasses during my K-laser treatments?

The K-laser is a high-powered therapy laser. Laser light can be focused by the lens of your eye, and potentially cause damage to your retina. The safety glasses you wear specifically block out the wavelengths of light produced by the K-laser.

Is K-laser therapy covered by my insurance?

If you have insurance, you will want to ask your provider about the requirements of your coverage. Your initial consultation may be covered; however, you will be invoiced under Laser (97039). For some insurance plans, K-laser may be added on as a cash service of \$30 to an existing treatment plan in addition to copay or co-insurance.

Are there contraindications and/or precautions to K-laser treatment?

- Temporary increase in pain during application of laser
- Temporary increase in pain the following day after laser therapy
- Mild bruising from vasodilation or direct pressure of laser tip
- Temporary dizziness
- Reaction when photosensitizing drugs are used with laser therapy

Why do I have to sign a consent form?

Pain can increase temporarily. Bruising and/or swelling are also possible. We want you to be informed of all aspects of this treatment. By signing below, you acknowledge that you understand and accept the risks, benefits, and cost of K-laser treatment; and consent to having this therapy administered.

Patient Name:	Date:
Signature:	