

**Patient Name:** \_\_\_\_\_

**Pre-Treatment**

- Notify your practitioner if you have any hormonal conditions, including but not limited to PCOS (Polycystic Ovarian Syndrome), as these conditions tend to cause aggressive hair regrowth after laser treatment.
- Notify your practitioner of any medications you have used within the last 6 months.
- Notify your practitioner if you have a history of perioral herpes.
- Discontinue waxing, tweezing or plucking 3 weeks prior to treatment. Shaving is required 2 days before treatment, as small 2-3 mm stubble of hair **MUST** be present for the treatment to be effective.

**Immediately Before Treatment**

- Remove any make-up and/or lotions and make sure that the skin is dry in the area to be treated.

**Post-Treatment**

- You may return to your normal daily activities immediately after your treatments.
- Avoid extended sun exposure or tanning for at least 1-week post treatment.
- Use of a broad spectrum UVA/UVB minimum of SPF 30 is very important after receiving any laser treatment. Remember to reapply throughout the day.
- Continue a regiment of shaving through your course of treatments, 2 days before each treatment session, to ensure any remaining follicles are present at treatment.
- To achieve the best results, complete the full treatment schedule at the intervals recommended by your laser practitioner.

Your next scheduled appointment will be \_\_\_\_\_.

Other recommendations

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