

Patient Name: _____

Pre-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 for these areas as the follicle must be present for the treatment to be as effective as possible.
- It is best to shave or clip hairs 2-3 days prior to treatment and have stubble of 2-3 mm. This helps the laser operator see the treatment areas and allows a more effective treatment.

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 or clipping hairs through your course of treatments 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
