

**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.

**Immediately Before Treatment**

- Shave or trim any hair in the area to be treated. This will help achieve the best possible results.
- 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.
- Any redness that occurs, if any, should disappear within a few hours after the treatment. If you would like, you may apply an ice pack or aloe vera to alleviate any discomfort.
- Use of a broad spectrum UVA/UVB SPF 30 is very important after receiving any laser treatment. Remember to reapply throughout the day.
- 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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