

PARTNERS IN HEALTH
Olina E. Harwer, M.D., F.A.A.F.P.

CONSULTATION FOR: HAIR REMOVAL

Patient Name: _____ Date: _____

Area to be treated	Estimated individual treatment time	Estimated treatments required	Estimated total treatment time for series	Frequency
Treatment Summary				Treatment plan recommended
Totals				

Pre-Treatment Instructions:

- Apply SPF 30 sunblock to treatment areas that are exposed to the sun. You may improve your results by limiting exposure to the sun, tanning beds or tanning lotions for 4 weeks prior to treatment.
- Tell us if you have taken Accutane in the past 12 months or are planning to begin taking Accutane.
- Inform us if there has been any change in medical history since your last visit.
- Call us 48 hours prior to your next appointment, if there is no hair re-growth in area to be treated.
- Shave the area to be treated within 12 hours prior to the treatment. (We can shave and prep you at the regular hourly rate. You must schedule additional time for prep with the front desk.) If treating heavy beard, shave the morning of your appointment.
- Apply topical anesthetic as directed prior to coming in for your appointment.
- DO NOT wax, tweeze or have electrolysis for 4 weeks prior to treatment.
- DO NOT use Retin-A or glycolics for 3 days prior to treatment.
- DO NOT use hair removal lotions or hair bleach for 4 weeks prior to treatment.

Post-Treatment Requirements:

- Apply SPF 30 sunblock on all treated areas that may be exposed to the sun.
- Shaving or using clippers are the only acceptable methods of hair removal between treatments.
- Treatment area should be *gently* washed twice per day with tepid water and mild soap.
- DO NOT expose the treated area to sun for prolonged periods for 1 week post-treatment.
- DO NOT use Retin-A or glycolics for 5 days post-treatment.

Post-Treatment Expectations:

- Hair loss will be most evident 10 days to 2 weeks after treatment. After your treatment, you may expect a mild sunburn sensation that typically lasts 2-3 hours and redness and swelling that may last 1 day. To treat these side effects, please follow these steps:
- Cold compresses may be applied to reduce redness and swelling.
- Apply 1% hydrocortisone cream or ointment in a thin layer after cold compresses.
- Please call us at the first sign of persistent pain or blistering

Patient/Authorized Patient Representative Signature

Date

Physician Signature

Date