

**NOVAS, DOHR & COLL  
OB/GYN ASSOCIATES, S.C.  
Medical Spa**

**PATIENT INSTRUCTION SHEET  
FOR LASER HAIR REMOVAL**

**Pre-Treatment:**

Discontinue all tanning 4-6 weeks prior to treatment and during the complete duration of treatments; this is the single most important act that decreases effectiveness of treatment. Self-tanning creams and sprays need to completely fade as well.

Discontinue use of Retinol or Retin A products at least one week prior to treatment, if being used in the area of laser hair removal.

The hair needs to be in the follicle at the time of treatment. Patients should not wax, tweeze, bleach or use depilatory agents for 4 weeks prior to treatment. Shaving is the only acceptable means of hair removal, the closer the shave prior to treatment the better, one day before treatment is the best.

Remove all lotions, makeup, creams and deodorant before treatment. These can obstruct or refract laser light negatively.

If you get cold sores or have genital herpes, start taking Zovirax or similar medication before treatment.

**Post –Treatment:**

After treatment, you may have some redness or bumps, this is normal. You may use a cold compress, if needed.

After treatment, moisturizer and makeup may be used. Avoid prolonged sun exposure and use of broad spectrum sunscreen of SPF 40 or higher on a daily basis on treated area.

**ACKNOWLEDGMENT**

**BY MY SIGNATURE BELOW, I CERTIFY THAT I HAVE READ AND FULLY UNDERSTAND THE CONTENTS OF THE LASER HAIR REMOVAL PATIENT INSTRUCTION SHEET AND THAT THE DISCLOSURES REFERRED TO HEREIN WERE MADE TO ME. AGAIN, I UNDERSTAND THAT THE SUCCESS OF MY TREATMENTS WILL BE BASED ON MY COMMITMENT TO RETURNING FOR THE FOLLOWING CONSECUTIVE TREATMENTS AS DETERMINED BY MY AESTHETICIAN IN ADDITION TO ALL PRE AND POST TREATMENT INTRUCTIONS.**

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Signature of Patient/Guardian

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Print Name/Relationship

\_\_\_\_\_  
Date