

Premier Obstetrics and Gynecology of Orlando

531 N. Maitland Ave., Maitland, FL 32751 (321)-397-1212

Hair Reduction Treatment Plan for _____

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 SPF30 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 four weeks prior to treatment.
- Tell us if you have taken Accutane in the past year or Tetracycline in the past month or are planning to begin taking either.
- 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 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.
- Do Not** wax, tweeze or have electrolysis for four weeks prior to treatment.
- Do Not** use Retin-A or glycolics for three days prior to treatment.
- Do Not** use hair removal lotions or hair bleach for four weeks prior to treatment.

Premier OB-GYN

{Practice/MD/ARNP Name here}

Patient

Date

Date