

*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
<b>Treatment summary</b>				<b>Treatment plan recommended</b>
<b>Totals</b>				

**Post treatment requirements:**

- Apply SPF30 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 one week post treatment.
- Do Not** use Retin-A or glycolics for five days post treatment.

**Post treatment expectations:**

- Hair loss will be most evident ten days to two 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 one day. To treat these side effects, please follow these steps:
  - Cold compresses may be applied to reduce redness and swelling.
  - 6-10 treatments or more may be needed for maximum hair reduction.
  - Please call us at the first sign of persistent pain or blistering.

**NEXT APPOINTMENT SCHEDULED: \_\_\_\_\_**

\_\_\_\_\_  
{Practice/MD/PA/RN Name here}

\_\_\_\_\_  
Patient

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date