

Southwest Michigan Plastic Surgery & Med Spa
PATIENT INFORMED PRE/POST CARE FORM
FOR LASER HAIR REDUCTION TREATMENT

Before your treatment:

- Hair should be cleanly shaven
- Leave a representative sample unshaven for clinician to assess
- Do not wear makeup on the treated area the day of treatment
- No sun-tanning or self-tanners 4 weeks prior to treatment
- Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Some medications or supplements may increase the risk of bruising. Consult with your physician
- No waxing, plucking or tweezing at least 4 weeks prior to treatment
- Some body parts may require a longer wait time
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (depilatories, harsh chemicals, etc.)
- Notify clinic with any changes to your health history or medications since your last appointment
- History of herpes or cold sores may require an antiviral prescription prior to treatment

After your treatment:

- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen
- Redness and perifollicular edema (looks like a rash/bug bites) are common and resolve with time
- Bruising and swelling are less common but may occur and will resolve with time
- Hair may take up to 2 weeks to fall out
- Avoid heat – hot tubs, saunas, etc. for 1-2 days
- Avoid skin irritants (examples below) a few days post-treatment
- Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
- Do not wax or pluck between treatments
- Notify SWMPHS of any concerns (blistering, excessive redness/swelling, etc.)
- Hair removal requires a series of treatments. The number of treatments depends on body location and type of hair.
- Adverse experiences are listed on consent form as well as on the back of this post care page.
- Consult with SWMPHS about when to resume your skin care regime.

Additional instructions: _____

Southwest MI Plastic and Hand Surgery
7971 Moorsbridge Road
Portage, MI 49024
(269) 329-0655

The procedure may result in the following adverse experiences or risks:

- DISCOMFORT/PAIN – Some discomfort and/or pain may be experienced during treatment.
- REDNESS/SWELLING/BRUISING – Short term redness (erythema) or swelling (edema) of the treated area is common and may occur. There also may be some bruising.
- HYPOPIGMENTATION / HYPERPIGMENTATION: (Changes in skin Color): – During the healing process, there is a slight possibility that the treated area may become either lighter (hypopigmentation) or darker (hyperpigmentation) in color compared to the surrounding skin. This is usually temporary, but, on a rare occasion, it may be permanent.
- WOUNDS – Treatment can result in burning, blistering, or bleeding of the treated areas.
- SUN EXPOSURE / TANNING BEDS / ARTIFICIAL TANNING - May increase risk of side effects and adverse events.
- If any of these occur, please call our office.
- INFECTION – Infection is a possibility whenever the skin surface is disrupted, although proper wound care should prevent this. If signs of infection develop, such as pain, heat, or surrounding redness, please call our office 269-329-0655
- SCARRING – Scarring is a rare occurrence, but it is a possibility if the skin surface is disrupted. To minimize the chances of scarring, it is IMPORTANT that you follow all post-treatment instructions provided by your healthcare staff.
- PARADOXICAL HAIR GROWTH – Stimulation of terminal hair growth following photo-epilation. Can occur within or adjacent to the treated area.
- LEUKOTRICHIA - Temporary or permanent gray hair
- EYE EXPOSURE – Protective eyewear (shields) will be provided to you during the treatment. Failure to wear eye shields during the entire treatment may cause severe and permanent eye damage.