

■ **PRE-TREATMENT INSTRUCTIONS**

- Avoid direct sun exposure and tanning beds to treated areas for at least two weeks prior to treatment. Patients with an active tan are at higher risk for burning which may result in skin discoloration. Therefore, patients with a tan in the area(s) to be treated will have to forego treatment until tanned skin returns to its natural skin tone.
- Avoid tanning lotions two weeks prior to treatment.
- Inform your aesthetician/physician if you have taken Accutane in the past year or photosensitizing medications such as Tetracycline in the past month. Please inform your aesthetician if you plan to take these medications.
- Avoid waxing, tweezing, threading, electrolysis, chemical depilatories, and other methods of hair removal for at least 6 weeks prior to initial treatment as well as between treatments. Shaving and trimming hair is permitted.
- Avoid topical application of Retin-A, alpha and beta hydroxy acids three days prior to treatment.
- Treatment area should be shaved within 24 hours prior to the treatment as hair should be no longer than 1/8". Additional charges will occur if the technician feels shaving is necessary during pre-treatment.

■ **POST TREATMENT**

- Avoid prolonged direct sun exposure and tanning beds two weeks before and after treatment.
- Application of a SPF 30+ containing zinc oxide 5% or greater is recommended on all treated areas during treatment intervals and after treatments.
- Avoid shaving the treated area for at least 3 days following the procedure.
- Avoid strenuous activity and exercise 3 days following the procedure.
- Avoid using retinoids, benzoyl peroxide, alpha and beta hydroxy acids, depilatory creams, and other potentially irritating ingredients until your skin is completely healed.
- The treated area should be gently cleansed with a soap free cleanser and cool water.
- Do not pick at or scrub the treated area.
- Shaving and trimming the treatment area hairs are the only acceptable methods of hair removal between treatments. Avoid waxing, tweezing, electrolysis, and depilatory creams during treatment.
- Caution should be used while applying or removing makeup. The treated area is very delicate and should be treated with care.
- Cool compresses may be applied to treated areas to reduce redness and swelling.

If there is incidental blistering, blistered areas should be kept moist with application of Aquaphor. Contact our office at 763-416-2380 if you experience a blister.

■ **POST-TREATMENT EXPECTATIONS**

Patient response can vary. You may experience a mild sunburn sensation that typically lasts 2-3 hours post treatment. You may also experience redness and swelling that may last several hours and occasionally several days depending on the area treated. Some patients experience raised bumps similar to hives which usually subside within a few hours after treatment. The treated hairs may take several weeks to exfoliate and may appear to be "growing" at this time.

■ **TREATMENT RECOMMENDATIONS** Patients with light skin and dark, coarse hair are ideal candidates for laser hair removal. We recommend electrolysis for patients with light or blonde hair. Approximately 6 treatments are typically needed every 4-6 weeks to obtain optimal hair reduction benefits. Permanent hair removal is defined as achieving six months hair-free. This means that future touch-up treatments may be needed to maintain results. Patients with hormonal issues such as Polycystic Ovarian Syndrome may not respond to treatment.

Patient Signature _____ **Print Name** _____ **Date** _____

By my signature below, I acknowledge that I have read this consent form and understand it. I have been given the opportunity to ask questions and my questions have been answered to my satisfaction. I have been adequately informed of the risks and benefits of this treatment and wish to proceed with this chemical peel treatment.

Patient Signature _____ Print Name _____ Date _____

Parent Signature/
Guardian Signature _____ Print Name _____ Date _____

Patient Signature _____ Print Name _____ Date _____

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