

### Laser Hair Removal Instructions

#### Before your treatment:

1. Sun Exposure: Avoid tanning and tanning products 4 weeks prior to your treatment. Tan skin cannot be safely treated.
2. Medications:
  - a. Please inform us if you have taken Isotretinoin in the past 6 months.
  - b. Discontinue topical retinoid and glycolic products.
3. Medical Conditions: Please inform us if you have a history of:
  - a. Active Connective Tissue Diseases like Lupus
  - b. Cold Sore Breakouts (Herpes Simplex) - we will give you medication to help prevent this from occurring if treating the lip area.
  - c. Active Infections in the treatment area
  - d. Current Chemotherapy or Radiation therapy
  - e. Pregnant or Breastfeeding
  - f. Allergy to Latex or Topical Anesthetic agents
  - g. Keloid Scarring or Darkening of pigment in the skin
4. Preparation for Laser
  - a. 6 weeks prior - Do not pluck, wax, use a depilatory or undergo electrolysis in the areas you wish to have treated. Shaving is okay even the upper lip and chin area.
  - b. Shave the area to be treated the day before the treatment.
  - c. Numbing Cream – Only truly necessary for the bikini area. Some do find numbing cream around the ankle to be helpful for pain control.
    - i. You may purchase LMX-4 (4% lidocaine) or LMX-5 (5% lidocaine) at your local pharmacy or online.
    - ii. Alternatively, you can purchase a compounded numbing cream from our office(23% Lidocaine/7% Tetracaine) for \$37.50/15 grams.
      - Please apply the numbing cream 60 minutes prior to your appointment.
      - Cover with saran wrap
      - Please do not exceed 15 grams per application

#### After your treatment:

1. Redness and Swelling – This is normal. It should resolve within several hours to several days after treatment. If you get blisters, please call the office.
2. Avoid irritants (glycolics, retinoids etc.) for seven days after treatment.
3. Apply sunscreen for 6 weeks over the treated area.
4. Schedule your next session as follows: Face/Neck repeated every 4-6 weeks, Body every 6-8 weeks, and Leg/Arm every 10-12 weeks.

**Pricing per Treatment:** For your maximal safety and enhanced efficacy, your doctor will be doing the treatments.

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|--|----------------------|
| • Upper Lip and Chin - \$250                               | • Lower Legs - \$300 |
| • Chin or Upper Lip or Mid Eyebrow or Toes/Fingers - \$200 | • Thighs - \$400     |
| • Underarms - \$250  | • Full Legs - \$600  |
| • Bikini - \$350   | • Forearms - \$200   |
| • Brazilian Bikini - \$500                                 | • Upper Arms - \$250 |
| • Back/Chest/Abdomen - \$200/quadrant                      | • Full Arms - \$400  |
|  | • Neck/Beard - \$300 |



## **Platelet Rich Plasma Therapy (PRP)**

Platelet rich plasma, commonly referred to as "PRP", is your own blood that is spun down and separated producing a rich concentration of platelets. Platelets are the clotting cells that have a great potential for enhancing healing. They are naturally extremely rich in tissue growth factors which are involved in key stages of wound healing and regeneration. Platelets initiate repair and attract stem cells to the sites of injury.

PRP has been used successfully in orthopedics for joint and tendon injuries, in dentistry, and pain management. In dermatology and plastic surgery, it is used for wound healing and to stimulate hair regrowth. PRP has been shown to be 50-65% effective for stimulating hair regrowth.

Two appointments will be scheduled for you at the office that day separated by about 30 minutes, and you should plan to be in the office for about an hour total. Please do not plan to leave the office between the appointments.

It is critical that you hydrate for a full day before your treatment.

### **For Hair Restoration**

#### **Before your treatment:**

1. Come with a clean scalp.
2. Your blood will be drawn and prepared to separate out your own PRP.
3. Your doctor will be injecting your PRP into the areas of hair loss. This can be uncomfortable and if you wish to take Tylenol prior to the injections, it may be helpful.

#### **After your treatment:**

1. Your scalp may feel tight and sore for 1-2 hours. Some patients may notice this more than others. A warm shower on the scalp will be helpful to alleviate this discomfort.
2. Four (4) monthly treatments followed by a rest period of 3 months is recommended to see results.
3. To keep your results, maintenance treatments are recommended every 3-6 months.

#### **Pricing:**

- Hair Restoration
  - Scalp PRP Injections - \$800 per treatment
- Wound Healing – PRP helps to enhance wound healing after Micro-needling, CO<sub>2</sub> Laser, 1540 Laser, etc.
  - \$300 per treatment

