

**OLENA'S** European Spa Inc  
Laser Center

**General Patient Information**

Please print clearly following. Please make note of the best number for us to contact you for confirmation calls .

Patient Name \_\_\_\_\_ Today's Date \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_

Cell Phone \_\_\_\_\_ Home Phone \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Phone \_\_\_\_\_

E-mail address \_\_\_\_\_

**Patient History Information**

Do any of the following apply to you?	Yes	How Long		Yes	How Long
Are you pregnant?			Are you nursing?		
Are you attempting to get pregnant?			Date of last period? (may affect your sensitivity to laser pain)		
HIV or AIDS ?			Irregular periods?		
Hypertrophic or Keloidal scarring?			Menopausal symptoms?		
Psoriasis? Lupus?			Total Hysterectomy?		
Sun rash or Photo allergic reactions?			Polycystic Ovarian Disease?		
Cancer or Melanoma?			Adrenal Hyperplasia?		
Recent use of sunless tanning cream?			Any other metabolic disease?		
Epilepsy?			Recent increase in hair amount or growth?		
Recent exposure, sun or tanning booths?			Have relatives with excessive hair?		
Diabetes?			Allergy to Lidocaine/ other anesthetics?		
Herpes or cold sores present?			Dental Fillings/Metal pins?		
Folliculitis or razor burn?			Cosmetic Tattoos?		
Pigmentation disorder?			Taken Accutane in past month?		
Heart problems?			Use Retin A or alpha/beta hydroxy's?		
Pacemaker? Or metallic inserts?			High Stress level?		
Do you smoke?			History of Hives?		
St. John's Wort or Vitamin E use?			Allergic response to laser in past?		

Please describe the reason for your visit and what you would like to accomplish with your treatment?

What medications do you take? (please include any vitamins, herbal remedies, over the counter supplements)

Please list all allergies. (Include prescription medications, and over the counter medications)

Have you undergone any cosmetic surgery, acid peeling procedure, dermabrasion or other laser treatments? Yes\_\_\_\_ No\_\_\_\_ If yes, what type and when?

What best describes your skin if exposed to strong sun, with no sun block?

1. I always burn and never tan. 2. I always burn and sometimes tan. 3 I sometimes burn but I always tan. 4. I rarely burn, but I always tan. 6. I am African American

How did you hear about us? Internet \_\_\_\_\_ Physician \_\_\_\_\_ Friend \_\_\_\_\_  
Other \_\_\_\_\_

Do any of these problems visible on the face or body bother you? If so, place a check mark next to them:

Wrinkles or Lines _____ (Botox, Genesis)	Sagging around the jaw and neck _____ (Titan, Juviderm)
Extra Hair _____ (Gentle Lase)	Bags under the eyes _____ (Microcurrent)
Brow furrows _____ (Botox)	Laxity of skin _____ (Titan)
Uneven skin texture _____ (Dermabrasion)	Eye wrinkles or crow's-feet _____ (Genesis, microcurent)
Line on the forehead _____ (Botox)	Uneven color of skin _____ (Genesis, Hydroquinone)
Broken Capillaries _____ (Genesis, Yag 1064)	Sunspots, age spots _____ (IPL, Revlight)
Tattoo removal _____ (Revlight)	Spider-veins _____ (Genesis)
Hemangiomas (red spots) _____ (Yag 1064)	Enlarged Pores _____ (Genesis, DermAbrasion)

Patient / Legal Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

# Olena'sSpa & Laser Center

## Appointment/Cancellation Policy

**Cancellations:** Please be advised there is a 24 hour notice of a cancellation required. If you cancel after the time requirement, or do not show for a scheduled appointment, one of your treatments will be deducted from your package, or a fee will be charged for the lost appointment.

\_\_\_\_\_ Initials

**Appointments:** Please try to keep your appointment. If you change your appointment more than once, you will be subject to a \$15 fee. Please try to be a few minutes early to your appointment if possible. If you are more than 15 minutes late, your appointment may be cancelled as a no show, and may be unavailable, and you may be charged. Please call to let us know if you are late and are on your way, so we can verify that time is or is not available for your treatment.

\_\_\_\_\_ Initials

**Treatment prep:** Please be advised that the area to be treated must be shaved clean, no more than a day or so, before treatment. If you get skin irritation from shaving, then we recommend shaving 24 - 36 hrs before treatment. If you do not shave, or leave areas of hair, be advised that it may affect your treatment by melting against your skin, and possibly plugging up our laser tips, and may require cancellation of your appointment. If you need assistance in shaving, we will gladly help you shave, for a fee, depending upon the size of the area, and the clean up required.

\_\_\_\_\_ Initials

**Tips and Gratuity:** Laser Hair removal treatments are a spa service and a gratuity to the technician of 15 to 20 percent is suggested on the retail value of the treatment. They may be paid up front, or with each treatment.

Thank you

**Laser hair removal pre-treatment instructions:**

Shave the area being treated the morning of your treatment or the night before.

Avoid tweezing, waxing, bleach, thread, or the use of depilatory agent for 4 weeks prior to treatment.

Avoid tanning for at least 4-6 weeks prior to treatment. Self tanning creams need to be completed faded prior to treatment.

Make sure all lotions, creams, and deodorants are removed before treatment.

Wear appropriate clothing for the treatment area (shorts or bikini, tang top, etc.)

If you are using a topical numbing cream it should be applied at least 45 minutes before your treatment and completely removed before your scheduled appointment time.

Your cooperation is essential for the success of the laser hair removal treatment. These pre-treatment instructions must be followed to maintain your appointment time. Not following these pretreatment instructions prior to your scheduled treatment time may result in a cancelled and charged treatment.

**Medications and Medical Conditions:**

Please inform the medical staff if you have any of the following medical conditions or are using the listed medications.

-Psoriasis -Vitiligo-History of keloids-Bleeding disorder-Cold sores or fever blisters

**Medication list:**

-Anti-biotics: Tetracyclines and Sulpha Types-Ibuprofen-Steroids -Accutane -Topical Acne Medications (retinoid base creams)

## Post Laser Treatment

- You may have some redness and/or mild swelling in the treatment area for up to 7 days after your treatment. It may feel similar to a sunburn .
- Apply cold pack in 15 min intervals for the first 4 hours to reduce swelling and/or discomfort. If redness or swelling persists, cold pack can be applied 3-4 times per day as needed, as well as "HydroCortizone 1% cream, available over the counter.
- Make-up may be used immediately after treatment unless there is blistering.
- Avoid sun exposure, pools, saunas or any kind of heat for 72hr until skin has returned to its normal state (no redness or swelling). Apply sunscreen with an SPF of 30 or higher to treatments areas that may receive direct sun exposure (i.e. lip, neck, face, hands, etc.).
- Avoid picking or scratching the treated skin. This can cause irritation or infection. DO NOT use any other hair removal treatment products or services (i.e. waxing, tweezing, or electrolysis) that will disturb the hair follicle in the treatment area.
- Wash the treatment area with a gentle cleanser (we recommend Avene Gentle Wash Cleanser please ask staff for details) for 3 days after the treatment. DO NOT scrub. Make sure your hands are clean!
- From 5-20 days after treatment, shedding of the surface hair may occur. This may appear as new hair growth although it is not new hair. Afterwards, more hair may appear, although this is also not new hair, but simply the hair that was in the telogen stage before (inactive growth phase).
- After the underarm area is treated, use a powder instead of deodorant for 24 hours after the treatment to reduce skin irritation, and avoid exercise for 24 hours.
- Apply aloe vera to skin 2-3 times a day for the first 48 hours post treatment to help sooth and moisturize the skin. Healing is facilitated by this moisturizing.
- If blistering occurs apply topical antibacterial creams to prevent infection, contact our office for instructions.