

PCOS laser consultation & session tracker

Bring this one-page checklist to a doctor-led laser hair-reduction consultation

Before the consultation

- ☐ I have noted my PCOS diagnosis, cycle pattern and any recent hormonal changes.
- ☐ I will bring a list of medicines, supplements and previous laser or IPL treatments.
- ☐ I will mention recent tanning, pigmentation, active irritation and sun sensitivity.
- ☐ I will disclose pregnancy, breastfeeding and any medicine that may affect light sensitivity.
- ☐ I will ask which wavelength and device will be used for my skin tone and hair type.

Before each session

- ☐ I followed the clinic's shaving instructions and did not wax, thread or epilate the area.
- ☐ I will report any new rash, infection, medicine or recent sun exposure before treatment.
- ☐ I understand that fine, grey, white or very light hair may respond poorly.

Session tracker

Visit	Date	Area	Skin response / shedding	Regrowth at review
1				
2				
3				
4				
5				
6				

Questions to ask

1. How will PCOS change my expected sessions and maintenance?
2. How will progress and unwanted reactions be tracked?
3. Do I need a separate medical review for changing hair growth or other symptoms?

This tracker supports discussion and does not replace medical advice. The Derm Edit - doctor-led dermatology in Anna Nagar and Mogappair, Chennai. Message us on WhatsApp for details.