



CONSENT FOR TREATMENT

Platelet Rich Plasma Procedure

PURPOSE AND BACKGROUND

As a patient of Nourished MedSpa and Wellness Center, I have requested Platelet Rich Plasma Treatment. I understand that Platelet Rich Plasma, (also known as "PRP") is an injection treatment whereby a person's own blood is used. A fraction of blood is drawn up from the individual patient into a sterile vacutainer. This is a relatively small amount compared to blood donation which can remove 500cc. The blood is spun in a special centrifuge to separate its components (Red and White Blood Cells, Platelet Rich Plasma, Platelet Poor Plasma and Buffy Coat). The platelet rich plasma and buffy coat is first separated and combined then activated with a small amount of calcium chloride which acts as an activation agent and scaffold to keep the PRP where the injector intends to treat. Platelets are very small cells in your blood that are involved in the clotting and healing process. The injected platelets release a number of enzymes and growth factors to promote healing and tissue responses including attracting stem cells to repair the damaged area. As a result, new collagen begins to develop. As the collagen matures it begins to shrink causing the tightening and strengthening of the damaged area. When treating injured or sun and time damaged tissue, they can induce a remodeling of the tissue to a healthier and younger state. The full procedure takes approximately 15 to 30 minutes, depending on the areas treated. Generally, 2-3 treatments are advised, however, more may be necessary for some individuals.

PROCEDURE

I understand that my blood will be drawn. My blood will then be spun down in a centrifuge and the different components will be separated. The platelet rich plasma will be drawn up into a syringe and either injected or spread over the treatment area. I agree to advise Nourished MedSpa and Wellness Center staff during the procedure as to the degree of discomfort I experience and to allow them to make adjustments as needed in our effort to achieve a safe and effective treatment without undesirable side effects.

RISKS AND COMPLICATIONS

Some of the potential side effects of platelet rich plasma include:

1. Pain at the injection site;
2. Bleeding,
3. Bruising and/or Infection as with any type of injection;
4. Short lasting pinkness/redness (flushing) of the skin;
5. Allergic reaction to the solution;
6. Injury to a nerve and/or muscle as with any type of injection;
7. Itching at the injection site(s);
8. Nausea /vomiting; (The following are possible with any simple injection and not specific to PRP Therapy)
9. Dizziness or fainting
10. Temporary blood sugar increase
11. Swelling
12. Minimal effect from the treatment.

There are very few contraindications, however, patients with the following conditions are not candidates:

1. Acute and Chronic Infections
2. Skin diseases (i.e. SLE, porphyria, allergies)
3. Cancer
4. Chemotherapy treatments
5. Severe metabolic and systemic disorders
6. Abnormal platelet function (*blood disorders, i.e. Haemodynamic Instability, Hypofibrinogenemia, Critical Thrombocytopenia*)
7. Chronic Liver Pathology
8. Anti-coagulation therapy
9. Underlying Sepsis
10. Systemic use of corticosteroids within two weeks of the procedure

BENEFITS

Along with the benefit of using your own tissue therefore virtually eliminating allergies, there is the added intrigue of mobilizing your own stem cells for your benefit. PRP has been shown to have overall rejuvenating effects on the skin including: improving

skin texture, thickness, fine lines and wrinkles, increasing volume via the increased production of collagen and elastin, and by diminishing and improving the appearance of scars. The most dramatic results to date have been the crêpe skin problems in areas such as under the eyes, neck, and décolletage. It is not designed to replace cosmetic surgery as there are some cases where those procedures would be more appropriate. Other benefits include: minimal down time, safe with minimal risk, short recovery time, natural looking results; no general anesthesia is required.

ALTERNATIVES

This is strictly a voluntary cosmetic procedure. No treatment is necessary or required. Alternatives to PRP are:

1. Do Nothing
2. Surgical intervention may be a possibility
3. Injections with neuromodulators
4. Injections of dermal filling agents
5. Laser & light based treatments like Pulsed Light
6. Chemical peels

QUESTIONS

This procedure has been explained to me by the staff of Nourished MedSpa and Wellness Center. I have had an opportunity to ask any questions and research the procedure to my satisfaction.

CONSENT

I understand that my consent and authorization for this procedure is strictly voluntary. I have already read and signed the Clinic's general consent and understand that it is still in effect. By signing this informed consent form, I hereby grant authority to Nourished MedSpa and Wellness Center and Dr. Jason Carter, MD (or other delegated medical providers for Nourished MedSpa and Wellness Center) to perform PRP treatments and/or administer any related treatment as may be deemed necessary or advisable in the diagnosis and treatment of my condition. For purposes of advancing medical education, I consent to the admittance of observers to the treatment room.

The nature and purpose of this procedure and the complications and side effects have been fully explained to me. Alternative treatments and their risks and benefits have been explained to me and I understand that I have the right to refuse treatment. I agree to adhere to all safety precautions and instructions after the treatment. I have been instructed in and understand post treatment instructions and have been given a written copy of them. I understand that no refunds will be given for treatments received. No guarantee has been given or implied by anyone as to the results that may be obtained from this treatment.

I have read this informed consent and certify that I understand its contents in full. All of my questions have been answered to my satisfaction and I consent to the terms of this agreement. I have had enough time to consider the information given me by my physician/practitioner and feel that I am sufficiently advised to consent to this procedure. I accept the risks and complications of the procedure. I certify that if I have any changes occur in my medical history I will notify Nourished MedSpa and Wellness Center immediately.

I hereby voluntarily consent to this procedure and release Nourished MedSpa and Wellness Center, medical staff, and all associated professionals from liability associated with the procedure. I certify that I am a competent adult of at least 18 years of age and am not under the influence of alcohol or drugs. This consent form is freely and voluntarily executed and shall be binding upon my spouse, relatives, legal representatives, heirs, administrators, successors and assigns.

Patient Name (please print)

Patient Signature

Date

Performed by (please print name and title)

Practitioner Signature

Date



PRE-TREATMENT INSTRUCTIONS

Platelet Rich Plasma Injection Procedure

Platelet rich plasma at Nourished MedSpa and Wellness Center is extracted from your own body using sterile technique. Your blood will be placed in a centrifuge and the platelet-rich plasma will be extracted and used to stimulate growth factors to create new collagen in the face or restore hair follicles in the scalp. You may experience discomfort during injection. The procedure takes about 30-60 minutes and lasts 6 to 12 months.

- Drink plenty of water
- For facial PRP: Wash your face with cleanser and remove all makeup
- For scalp PRP: Wash your hair with shampoo only and rinse thoroughly

For two weeks before the procedure, AVOID:

- Aspirin
- Chemical Peels and Laser/IPL treatments

For one week before the procedure, AVOID:

- Any medications that can prolong bleeding, such as aspirin and non-steroidal anti-inflammatories (NSAIDs) order to reduce the risk of bruising and bleeding at the injection site.

If you have previously suffered from facial cold sores, please inform us as there is a risk that the needle punctures could contribute to another eruption of cold sores.

Please contact our office at 903-357-5108 with any questions or concerns.



POST-TREATMENT INSTRUCTIONS

Platelet Rich Plasma Injection Procedure

You may experience pain, tenderness, temporary redness, swelling, bruising, firmness, and bumps at the injection sites lasting 2-10 days. These are usually mild to moderate in nature and clear up on their own. Frequently applying ice to the injection sites to the first 12-24 hours will substantially reduce these symptoms. Any bumps or marks from the extremely small needle sticks will go away within a few hours.

After the procedure:

- Avoid direct sun exposure for 24-48 hours after the procedure. Wear Sunblock to protect your skin with a minimum SPF of 30. Sunlight may cause permanent discoloration after bruising.
- You may shower and do most other regular daily activities
- You may apply makeup gently
- Tylenol should be sufficient to minimize any discomfort

For 24 hours after the procedure, you should AVOID:

- Strenuous Exercise
- Sun exposure/heat exposure/tanning beds/sauna or hot tub
- Alcoholic Beverages
- Massaging/pressing areas treated
- Extreme temperatures including hot/cold drinks after lip injections

For 48 hours after your procedure AVOID:

- Gingko Biloba, garlic, flax oil, cod liver oil, vitamin A, vitamin E or any other essential fatty acids.

For 72 hours after your procedure:

- Use shampoo that is pH balanced such as Bert's Bees Baby Bee Shampoo and Wash

Please contact our office at 903-357-5108 with any questions or concerns. If you have an emergency or urgent pressing clinical issue, call Dr. Carter at 903-818-3467. Texting is the best way to reach Dr. Carter.

Please make an appointment for follow-up and reassessment in 4 weeks.

Patient Name (please print)

Patient Signature

Date



CONSENT FOR TREATMENT

Platelet Rich Plasma Procedure for Musculoskeletal Injection

PURPOSE AND BACKGROUND

As a patient of Nourished MedSpa and Wellness Center, I have requested Platelet Rich Plasma Treatment. I understand that Platelet Rich Plasma, (also known as "PRP") is an injection treatment whereby a person's own blood is used. A fraction of blood is drawn up from the individual patient into a sterile vacutainer. This is a relatively small amount compared to blood donation which can remove 500cc. The blood is spun in a special centrifuge to separate its components (Red and White Blood Cells, Platelet Rich Plasma, Platelet Poor Plasma and Buffy Coat). The platelet rich plasma and buffy coat is first separated and combined then activated with a small amount of calcium chloride which acts as an activation agent and scaffold to keep the PRP where the injector intends to treat. Platelets are very small cells in your blood that are involved in the clotting and healing process. The injected platelets release a number of enzymes and growth factors to promote healing and tissue responses including attracting stem cells to repair the damaged area. When treating injured tissue, they can induce a remodeling of the tissue to a healthier and younger state. The full procedure takes approximately 15 to 30 minutes, depending on the areas treated. Generally, 2-3 treatments are advised, however, more may be necessary for some individuals.

PROCEDURE

I understand that my blood will be drawn. My blood will then be spun down in a centrifuge and the different components will be separated. The platelet rich plasma will be drawn up into a syringe and either injected into the treatment area. I agree to advise Nourished MedSpa and Wellness Center staff during the procedure as to the degree of discomfort I experience and to allow them to make adjustments as needed in our effort to achieve a safe and effective treatment without undesirable side effects.

RISKS AND COMPLICATIONS

Some of the potential side effects of platelet rich plasma include:

1. Pain at the injection site;
2. Bleeding,
3. Bruising and/or Infection as with any type of injection;
4. Short lasting pinkness/redness (flushing) of the skin;
5. Allergic reaction to the solution;
6. Injury to a nerve and/or muscle as with any type of injection;
7. Itching at the injection site(s);
8. Nausea /vomiting; (The following are possible with any simple injection and not specific to PRP Therapy)
9. Dizziness or fainting
10. Temporary blood sugar increase
11. Swelling
12. Minimal effect from the treatment.

There are very few contraindications, however, patients with the following conditions are not candidates:

1. Acute and Chronic Infections
2. Skin diseases (i.e. SLE, porphyria, allergies)
3. Cancer
4. Chemotherapy treatments
5. Severe metabolic and systemic disorders
6. Abnormal platelet function (*blood disorders, i.e. Haemodynamic Instability, Hypofibrinogenemia, Critical Thrombocytopenia*)
7. Chronic Liver Pathology
8. Anti-coagulation therapy
9. Underlying Sepsis
10. Systemic use of corticosteroids within two weeks of the procedure

BENEFITS

Along with the benefit of using your own tissue therefore virtually eliminating allergies, there is the added intrigue of mobilizing your own stem cells for your benefit. PRP has been shown to have overall rejuvenating effects on the body. Benefits include: minimal down time, safe with minimal risk, short recovery time, natural looking results; no general anesthesia is required.

ALTERNATIVES

This is strictly a voluntary cosmetic procedure. No treatment is necessary or required. Alternatives to PRP are:

1. Do Nothing
2. Surgical intervention may be a possibility

QUESTIONS

This procedure has been explained to me by the staff of Nourished MedSpa and Wellness Center. I have had an opportunity to ask any questions and research the procedure to my satisfaction.

CONSENT

I understand that my consent and authorization for this procedure is strictly voluntary. I have already read and signed the Clinic’s general consent and understand that it is still in effect. By signing this informed consent form, I hereby grant authority to Nourished MedSpa and Wellness Center and Dr. Jason Carter, MD (or other delegated medical providers for Nourished MedSpa and Wellness Center) to perform PRP treatments and/or administer any related treatment as may be deemed necessary or advisable in the diagnosis and treatment of my condition. For purposes of advancing medical education, I consent to the admittance of observers to the treatment room. The use of PRP in this procedure is an ‘off label’ use, and no promise or representation, guarantee or warranty regarding its use, benefit or other quality is made. No representations that the use of this product and this procedure is approved by the FDA or any other agency of the federal or state government is made.

The nature and purpose of this procedure and the complications and side effects have been fully explained to me. Alternative treatments and their risks and benefits have been explained to me and I understand that I have the right to refuse treatment. I agree to adhere to all safety precautions and instructions after the treatment. I have been instructed in and understand post treatment instructions and have been given a written copy of them. I understand that no refunds will be given for treatments received. No guarantee has been given or implied by anyone as to the results that may be obtained from this treatment.

I have read this informed consent and certify that I understand its contents in full. All of my questions have been answered to my satisfaction and I consent to the terms of this agreement. I have had enough time to consider the information given me by my physician/practitioner and feel that I am sufficiently advised to consent to this procedure. I accept the risks and complications of the procedure. I certify that if I have any changes occur in my medical history I will notify Nourished MedSpa and Wellness Center immediately.

I hereby voluntarily consent to this procedure and release Nourished MedSpa and Wellness Center, medical staff, and all associated professionals from liability associated with the procedure. I certify that I am a competent adult of at least 18 years of age and am not under the influence of alcohol or drugs. This consent form is freely and voluntarily executed and shall be binding upon my spouse, relatives, legal representatives, heirs, administrators, successors and assigns.

Patient Name (please print)	Patient Signature	Date
------------------------------------	--------------------------	-------------

Performed by (please print name and title)	Practitioner Signature	Date
---	-------------------------------	-------------



PRE-TREATMENT INSTRUCTIONS

Platelet Rich Plasma Injection Procedure

Platelet rich plasma at Nourished MedSpa and Wellness Center is extracted from your own body using sterile technique. Your blood will be placed in a centrifuge and the platelet-rich plasma will be extracted and used to stimulate growth factors to create new collagen in the face or restore hair follicles in the scalp. You may experience discomfort during injection. The procedure takes about 30-60 minutes and lasts 6 to 12 months.

- Drink plenty of water
- For facial PRP: Wash your face with cleanser and remove all makeup
- For scalp PRP: Wash your hair with shampoo only and rinse thoroughly

For two weeks before the procedure, AVOID:

- Aspirin
- Chemical Peels and Laser/IPL treatments

For one week before the procedure, AVOID:

- Any medications that can prolong bleeding, such as aspirin and non-steroidal anti-inflammatories (NSAIDs) order to reduce the risk of bruising and bleeding at the injection site.

If you have previously suffered from facial cold sores, please inform us as there is a risk that the needle punctures could contribute to another eruption of cold sores.

Please contact our office at 903-357-5108 with any questions or concerns.



POST-TREATMENT INSTRUCTIONS

Platelet Rich Plasma Injection Procedure

You may experience pain, tenderness, temporary redness, swelling, bruising, firmness, and bumps at the injection sites lasting 2-10 days. These are usually mild to moderate in nature and clear up on their own. Frequently applying ice to the injection sites to the first 12-24 hours will substantially reduce these symptoms. Any bumps or marks from the extremely small needle sticks will go away within a few hours.

After the procedure:

- Avoid direct sun exposure for 24-48 hours after the procedure. Wear Sunblock to protect your skin with a minimum SPF of 30. Sunlight may cause permanent discoloration after bruising.
- You may shower and do most other regular daily activities
- You may apply makeup gently
- Tylenol should be sufficient to minimize any discomfort

For 24 hours after the procedure, you should AVOID:

- Strenuous Exercise
- Sun exposure/heat exposure/tanning beds/sauna or hot tub
- Alcoholic Beverages
- Massaging/pressing areas treated
- Extreme temperatures including hot/cold drinks after lip injections

For 48 hours after your procedure AVOID:

- Gingko Biloba, garlic, flax oil, cod liver oil, vitamin A, vitamin E or any other essential fatty acids.

For 72 hours after your procedure:

- Use shampoo that is pH balanced such as Bert's Bees Baby Bee Shampoo and Wash

Please contact our office at 903-357-5108 with any questions or concerns. If you have an emergency or urgent pressing clinical issue, call Dr. Carter at 903-818-3467. Texting is the best way to reach Dr. Carter.

Please make an appointment for follow-up and reassessment in 4 weeks.

Patient Name (please print)

Patient Signature

Date