



CONSENT FOR TREATMENT

Exilis Body Contouring Procedure

PURPOSE AND BACKGROUND

As a patient of Nourished MedSpa and Wellness Center, I have requested body contouring using a BTL Exilis treatment. This is a non-invasive technology called grounded-monopolar radiofrequency-based energy to achieve painless, safe, effective and progressive skin tightening and body shaping / sculpting via fat liquification (i.e. "fat melting"). And thus, represents an alternative to liposuction and plastic surgery. Exilis may also be effective for cellulite improvement. Results may vary from person to person as well as overall satisfaction. Satisfactory results cannot be guaranteed, although most patients achieve improvement and/or satisfaction. Good dietary habits, sufficient intake of liquids and light physical activity are beneficial for optimum results. At least 4 treatments at 1- to 4-week intervals are recommended for achieving noticeable or satisfactory results.

PROCEDURE

The Exilis fat reduction/body contouring device uses grounded monopolar RF technology to heat the skin to a controlled temperature while the underlying fat reaches higher temperatures. This way of specifically targeting fat layers will initiate heat induced apoptosis (cell death). The fat cells will naturally be flushed out of the body. I understand that the fat did not appear overnight and will not vanish in that manner either. Since fat cells are not removed at the time of the procedures but rather undergo a process of cell death, results may take as long as 1 to 2 months before they become noticeable. Consuming plenty of water will help flush my system. I have been advised to increase my water intake at least 24 hours before and after treatment. On the day of treatment, I will need to wear comfortable clothing and will have to remove all jewelry. The treatment area(s) will be exposed to various degrees of heat from the BTL Exilis system. I may experience intense heat. I will immediately notify the technician if the heat becomes too uncomfortable.

RISKS AND COMPLICATIONS

I understand that I may experience side effects after the treatment such as: redness, tissue tenderness or warmth, pigment changes, edema or swelling, bruising, scars, altered sensation, burns or blisters. There may even be complications that are not readily apparent at the time of treatment that show up later. I do not have any active implants including but not limited to: cardiac defibrillator, pacemaker, insulin pump, or cochlear implant. I have not/do not have a history of cancer, infection, heat sensitivity or open wound in the treatment area. Patients with any implanted medical devices are not candidates for the treatment.

BENEFITS

I understand that the ideal candidate has stubborn pockets of fat that do not respond to diet and exercise. It is non-invasive, requires no downtime and typically is painless. Potential candidates include anyone who has loose / saggy skin and/or unwanted fat deposits and desires tightening, body shape improvement and/or circumferential reduction. Exilis is not a weight loss technique. A European study demonstrated significant circumferential reduction in all 58 trial volunteers after 4-5 treatments. Another study demonstrated longevity of results up to at least 18 months. Longevity of results will vary with individual genetic aging and lifestyle habits. Periodic touch-ups may be recommended for maintaining results and/or continued improvement.

ALTERNATIVES

This is strictly a voluntary cosmetic procedure. No treatment is necessary or required. Other alternative treatments which vary in sensitivity, effect and duration include: diet and exercise, laser or other light therapy treatments, radio frequency or other heat therapy treatments, liposuction, other body contouring devices or ultimately, surgery.

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 body contouring therapies 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

Exilis Body Contouring Procedure

- Exilis is contraindicated in patients with metal implants as well as any active implanted device which includes, but is not limited to, a pacemaker, defibrillator, cochlear implant, diabetic pump. If you had one of these implanted devices in the past, but it has since been removed, please let your treatment provider know. Exilis is also contraindicated for women who are pregnant or lactating. There are other contraindications, so please be sure to share your complete medical history with us so we can make sure Exilis is right for you.
- Please wear comfortable clothing on the day of your treatment so we can access the treatment area.
- You will be asked to remove all jewelry.
- Please arrive at your appointment well hydrated. Ideally, you should hydrate the day before, the day of and the day after your treatment. This helps the machine target the fat cells and also helps flush the system to get rid of the fat cells after treatment. Additionally, we recommend light physical activity after treatment to help with lymphatic flow.
- If you experience any hot spots during the treatment, notify the staff immediately

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



POST-TREATMENT INSTRUCTIONS

Exilis Body Contouring Procedure

1. You may experience transient erythema (redness) that will last from a few minutes to an hour or possibly longer.
2. Your skin may feel quite warm for up to a few hours after treatment as deep tissue retains heat longer.
3. You may feel tenderness in the treated area, especially near skin over bony prominences.
4. To maintain your results, you can undergo a maintenance treatment after your series every 6-9 months.
5. Final results of Exilis can take 3-6 months after the last treatment. Tightening may be sooner, but final result cannot be evaluated for months.
6. Preserve your results with judicious use of sun block as well as following a skin care program specifically designed for anti-aging and collagen rebuild.

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, reassessment and repeat treatment in 1 week.

Patient Name (please print)

Patient Signature

Date



CONSENT FOR TREATMENT

Vanquish Body Contouring Procedure

PURPOSE AND BACKGROUND

As a patient of Nourished MedSpa and Wellness Center, I have requested body contouring using a BTL Vanquish ME treatment. This is a non-invasive technology called focused-field radio frequency which is deep tissue thermal energy to specifically target fat cells without damage to my skin or surrounding muscle tissue. I understand that completing a full treatment series, administered 7-10 days apart is necessary to maximize treatment efficacy.

PROCEDURE

The Vanquish ME fat reduction/body contouring device uses multipolar RF technology to heat the skin to a controlled 101 degrees while the underlying fat reaches temperatures of 120 degrees. This way of specifically targeting fat layers will initiate heat induced apoptosis (cell death). The fat cells will naturally be flushed out of the body. I understand that the fat did not appear overnight and will not vanish in that manner either. Since fat cells are not removed at the time of the procedures but rather undergo a process of cell death, results may take as long as 1 to 2 months before they become noticeable. Consuming plenty of water will help flush my system. I have been advised to increase my water intake at least 24 hours before and after treatment. On the day of treatment, I will need to wear comfortable clothing and will have to remove all jewelry. The treatment area(s) will be exposed to various degrees of heat from the BTL Vanquish ME system. I may experience intense heat.

RISKS AND COMPLICATIONS

I understand that I may experience side effects after the treatment such as: redness, increased skin pigment, tissue tenderness or warmth, edema or swelling, bruising, burns or blisters. There may even be complications that are not readily apparent at the time of treatment that show up later. I do not have any active implants including but not limited to: cardiac defibrillator, pacemaker, insulin pump, or cochlear implant. I have not/do not have a history of cancer, infection, heat sensitivity or open wound in the treatment area.

BENEFITS

I understand that the ideal candidate has stubborn pockets of fat that do not respond to diet and exercise. It is best for those up to 20 pounds overweight wishing to improve problem areas around the midsection where exercise and diet have plateaued. It is non-invasive, requires no downtime and typically is painless.

ALTERNATIVES

This is strictly a voluntary cosmetic procedure. No treatment is necessary or required. Other alternative treatments which vary in sensitivity, effect and duration include: diet and exercise, laser or other light therapy treatments, radio frequency or other heat therapy treatments, other body contouring devices or ultimately, surgery.

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 body contouring therapies 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.

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

Vanquish Body Contouring Procedure

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