



CONSENT FOR TREATMENT

Dermaplaning Procedure

PURPOSE AND BACKGROUND

As a patient of Nourished MedSpa and Wellness Center, I have requested dermaplaning. Dermaplaning is a form of manual exfoliation similar in theory to microdermabrasion but without the use of suction or abrasive crystals. An esthetician grade, sterile blade is stroked along the skin at an angle to gently “shave off” dead skin cells from the epidermis. Dermaplaning also temporarily removes the fine vellus hair of the face, leaving a very smooth surface.

PROCEDURE

A technique that uses the edge of a scalpel moved at a perpendicular angle superficially along the surface of the skin to smooth and exfoliate the skin.

RISKS AND COMPLICATIONS

1. A sterile surgical blade is used for this procedure and is held at a 45-degree angle and stroked along the face, very similar to shaving. There is possibility of nicking or cutting the skin, as a blade is used in this procedure.
2. Blading of the skin is performed primarily on the face excluding the nose, eyelids, neck, or chest, and may be performed every 3-4 weeks. Blading removes 2-3 weeks’ worth of dead skin cells.
3. There is a possibility of the skin to peel after dermaplaning, although this is not common, and if peeling does occur, there is no damage to the skin.
4. All skin types can benefit from dermaplaning or blading. However, the procedure is not recommended for those suffering from severe acne and/or over production of the sebaceous glands. The oils from the sebaceous glands need to travel up and connect with the vellus hair. If the hair is removed, then the oils tend to stay below where they are prone to mix with bacterial colonies, ultimately stimulating more acne.
5. A scab may be present after a blister forms. The scabbing will disappear during the natural wound healing process of the skin. Scarring or discoloration may result from any scab formation.
6. An infection of the wound is always possible. Any blistering or bleeding must be dressed with an antibiotic ointment and covered. Any infection could last seven to ten days and could lead to scarring or skin discoloration.
7. It is very possible that this procedure may fail to achieve your desired results. Strict adherence to the pre-op and post-op instructions is essential. You may need to repeat your treatments to achieve the desired results.

BENEFITS

Dermaplaning has been shown to be safe and effective in naturally exfoliating 2 to 3 weeks of dead skin cells from the face.

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: chemical peels, microdermabrasion, ablative laser resurfacing, and more.

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

Dermaplaning Procedure

- You may not be treated with a history of Keloid scarring, Rosacea, Eczema, Psoriasis, blood clotting problems, auto immune disorders, active bacterial, viral, or fungal infection, pregnant, active acne or open lesions in the treatment area.
- Arrive to your appointment with clean skin; do not apply creams, lotions, or cosmetics.
- If you are prone to “cold sores” in the treatment area, please begin taking an antiviral 2 days prior to your treatment.
- Unprotected sun exposure must be avoided 2 weeks prior to your appointment.
- Avoid Retin-A, Retinols, Glycolics, Salicylics, or irritants on the on the treatment area 3 days prior to treatment.
- You should wait at least 7 days after receiving Botox/Xeomin or Dermal Fillers to receive dermaplaning

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



POST-TREATMENT INSTRUCTIONS

Dermaplaning Procedure

1. Avoid direct sun exposure the day of your treatment.
2. Avoid sweating, saunas, swimming pools, lakes or ocean water for 24 hours after your treatment.
3. Cleanse the treated area with a gentle cleanser.
4. Avoid exfoliating scrubs or brushes for 24-48 hours post treatment.
5. Apply ZO Hydrating Crème or Recovery Crème to the treated area until no irritation persists.
6. Use at least SPF 30 the next day and all following days.
7. Makeup may be applied as needed the following day.
8. Avoid facial waxing for 7 days afterward
9. Avoid Dermal Fillers or Botox/Xeomin for 2 weeks after dermaplaning
10. You may resume your anti-aging products within 24-48 hours or as your skin is not irritated or inflamed.

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.

Patient Name (please print)

Patient Signature

Date