



CONSENT FOR TREATMENT

Light Based Skin Resurfacing Therapy (IPL or Laser)

PURPOSE AND BACKGROUND

As a patient of Nourished MedSpa and Wellness Center, I have requested light-based skin resurfacing therapy, which is used to treat skin tone and texture, acne breakouts and/or general skin health. The procedure may require multiple sequential treatments. Every individual is unique and it is very difficult to guarantee a specific number of treatments needed. Results vary with the individual and in the case of acne, dark spots or sun damage depend on the amount of acne and compliance with recommended adjunctive measures and skincare. Light-based treatments can be done monthly for optimal results, but be mindful of any anticipated down time before special events. Lasers have been used as a surgical instrument for many years. Laser energy can be used to cut, vaporize, or selectively remove skin and deeper tissues. There are many different methods for the surgical use of lasers. Conditions such as wrinkles, sun damaged skin, scars and some types of skin lesions/disorders may be treated with the Erbium laser. Intense Pulsed Light (IPL) can also be used to treat wrinkles, sun damaged skin and acne.

PROCEDURE

Either laser light or IPL will be used to completely or incompletely ablate the skin surface to create new, enhanced skin growth.

RISKS AND COMPLICATIONS

Every procedure involves a certain amount of risk and it is important that you understand these risks and the possible complications associated with them. In addition, every procedure has limitations. Risks involve both items that specifically relate to the use of laser energy as a form of surgical therapy and to the specific procedure performed. An individual's choice to undergo a procedure is based on the comparison of the risk to potential benefit. Although the majority of patients do not experience these complications, you should be familiar with each of them to make sure you understand all possible consequences of laser skin resurfacing.

- **Infection-** Although infection following laser skin resurfacing is unusual, bacterial, fungal, and viral infections can occur. Should an infection occur, additional treatment including antibiotics may be necessary.
- **Scarring-** Although good wound healing after a procedure is expected, abnormal scars may occur within the skin and deeper tissues. Scars may be unattractive and of different color than the surrounding skin tone. Scars may be asymmetrical (appear different on the right and left side of the body).
- **Burns-** Laser energy can produce burns. Adjacent structures including the eyes may be injured or permanently damaged by the laser beam. Burns are rare, yet represent the effect of heat produced within the tissues by laser energy. Additional treatment may be necessary to treat laser burns.
- **Color Change-** Laser resurfacing may potentially change the natural color of your skin. Skin redness can last up to 2 weeks after a non-ablative laser skin resurfacing treatment. There is the possibility of irregular color variations within the skin including areas that are both lighter and darker.
- **Bleeding-** Bleeding is rare following laser skin resurfacing procedures. Do not take any aspirin or anti-inflammatory medications for ten days before or after your procedure, as this may increase the risk of bleeding. Non-prescription herbs and dietary supplements can increase the risk of surgical bleeding.
- **Bruising-** It is very common to develop petechiae (broken blood vessels) after non-ablative skin resurfacing. This side effect is temporary, but may last up to 2 weeks after laser treatment.
- **Skin Tissue Pathology-** Laser energy directed at skin lesions may potentially vaporize the lesion. Laboratory examination of the tissue specimen may not be possible.
- **Visible Skin Patterns-** Laser resurfacing procedures may produce visible patterns within the skin. The most common pattern in the skin will be one of a circular shape, which mimics the tip of the laser head. Inside this circular shape may also appear a grid like pattern. Both of these phenomena are temporary side effects of the laser treatment and may last up to 4 weeks post treatment. The occurrence of this is not predictable.
- **Change in Skin Sensation-** It is common to experience a temporary diminished (or loss) of skin sensation in areas that have had laser treatment. Itching, tenderness, or exaggerated responses to hot or cold temperatures may occur.
- **Damaged Skin-** Skin that has been previously treated with chemical peels or dermabrasion, or damaged by burns, electrolysis (hair removal treatments), or radiation therapy may heal abnormally or slowly following treatment by lasers or other surgical techniques. The occurrence of this is not predictable. Additional treatment may be necessary.
- **Skin Drainage-** It is not common to have a significant amount of skin drainage after non-ablative laser skin resurfacing. It is however common to experience milia (small white heads in the skin) after a laser resurfacing treatment. Milia can appear patchy and rough in texture. This side effect usually resolves itself within 2 weeks.

BENEFITS

You will likely see results within one to two weeks after the procedure and your skin may feel smooth and hydrated for one to four weeks with appropriate home care to maintain treatment results.

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: cosmeceuticals, chemical peels, Hydrafacial™, neuromodulators, dermal fillers or not undergoing the proposed laser skin resurfacing procedure. In certain situations, the laser may offer a specific therapeutic advantage over other forms of treatment. Alternatively, laser resurfacing procedures in some situations may not represent a better alternative to other forms of surgery or skin treatment when indicated. Risks and potential complications are associated with alternative forms of treatment that involve skin resurfacing (s) or surgical procedures.

RESULTS

I am advised that though good results are expected, the possibility and nature of complications cannot be accurately anticipated and there can be no guarantee as expressed or implied either to the success or other result of treatment. I am aware that full correction is important and that follow-up treatments will be needed to maintain the full effects. I am aware that the duration of treatment is dependent on many factors including but not limited to: age, sex, tissue condition, my general health and lifestyle conditions, and sun exposure. Clinical results will vary per patient. The correction, depending on these factors and product used may last 4 weeks and, in some cases, longer.

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 light-based skin resurfacing therapy 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. Informed-consent documents are not intended to define or serve as the standard of medical care. Standards of medical care are determined on the basis of all of the facts involved in an individual case and are subject to change as scientific knowledge and technology advance and as practice patterns evolve.

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

Photo Rejuvenation Facial Procedure

- All make-up and lotions need to be removed before treatment.
- No Accutane use for AT LEAST six months prior to treatment.
- No sun exposure or use of self-tanning products for two weeks minimum before and during the full course of therapy. Sun protections with sunscreen (at least SPF 30), protective clothing and sunglasses are essential prior to, in between, and following your series of treatments. If you are currently tanned, you will need to postpone your first treatment.
- Avoid aspirin, Advil, Motrin, or any other aspirin containing products for at least one week prior to the procedure. This will help minimize possible bruising.
- You should discontinue the use of any anticoagulant herbal remedies including but not limited to garlic, ginger, ginkgo, cayenne, selenium and papaya supplements.
- You are not a candidate for IPL if you have a blood clot forming disorder (i.e. excessive bleeding).
- Discontinue use of Retin-A (tretinoin), Hydroquinone, Tetracycline or Minocin (minocycline) two days prior to all treatments.
- No new medications should be taken for at least two weeks prior to treatment. Please notify us if you must take a new medication prior to treatment.
- No exfoliation should be done to the skin for two days before and two days after treatment. This includes the use of Retin-A, glycolic acid, etc.
- If you have a history of cold sores (herpes), we recommend that you take Valtrex during your therapy. Please notify us if you require a prescription for this condition. If you have a current prescription, Valtrex 500 mg should be taken by mouth twice daily on the day before, the day of, and the day after treatment.

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



POST-TREATMENT INSTRUCTIONS

Photo Rejuvenation Facial Procedure

1. A mild subburn-like sensation may be anticipated. This usually resolves within 72 hours of your treatment. Mild swelling and/or redness rarely accompany this treatment and should resolve in 2-4 days.
2. Application of cool compress, ice pack and/or hydrocortisone cream to the skin immediately after the treatment to the area is recommended to minimize edema and provide comfort. Apply for 10-15 minutes every hour for the next 4 hours.
3. Treated lesions may initially appear raised and or darker with a reddened edge. The lesions will gradually turn darker over the 24-48 hours and may progress to scabs and/or crusting. These will start to flake off in 7-14 days. Do not pick at the skin or pull off any flakes. You may apply the ZO Recovery Crème as needed to moisturize the skin and reduce irritation.
4. Bathe or shower as usual. Treated areas may be temperature sensitive so using cool water on these areas is recommended.
5. Avoid aggressive scrubbing and use of exfoliates, scrubs and loofa sponges until the treatment area has returned to its pre-treatment condition.
6. If blistering occurs, apply an antibiotic ointment to the area twice a day until healed. Do not pick, scratch or remove, should they occur. This will prevent unwanted side effects.
7. Until redness has completely resolved:
 - Avoid applying cosmetics on or near the treated areas.
 - Avoid Hot tubs and Jacuzzis
 - Avoid activities that cause excessive perspiration.
8. Avoid sun exposure to treated areas. Apply a sunscreen with SPF 30 or greater every day to sun-exposed skin between treatments and 4-6 weeks after treatment.

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