



CONSENT FOR TREATMENT

Laser Tattoo Removal Procedure

PURPOSE AND BACKGROUND

As a patient of Nourished MedSpa and Wellness Center, I have requested laser tattoo removal. The procedure may require multiple sequential treatments.

PROCEDURE

The use of various wavelengths of light directed at light-sensitive structures and pigments in the skin to reduce and remove unwanted tattoos.

RISKS AND COMPLICATIONS

1. **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.
2. **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). Keloid formation may occur.
3. **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.
4. **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.
5. **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.
6. **Bruising-** It is rare to develop petechiae (broken blood vessels). This side effect is temporary, but may last up to 2 weeks after laser treatment.
7. **Skin Tissue Pathology-** Laser energy directed at skin lesions may potentially vaporize the lesion. Laboratory examination of the tissue specimen may not be possible.
8. **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 indefinitely post treatment. The occurrence of this is not predictable.
9. **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.
10. **Damaged Skin-** Reddening, mild burning, temporary bruising or blistering can occur with laser light. Hyper-pigmentation (darkening) and/or hypo-pigmentation (lightening) of the skin have also been noted after treatment. These conditions usually resolve within 3-6 months, but permanent color change is a rare risk. Avoiding sun exposure before and after the treatment reduces the risk of color change.

BENEFITS

The use of laser light has been known to be safe and effective in removing or reducing the appearance of tattoo ink.

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: dermaplaning, 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 laser tattoo reduction and removal 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

Laser Tattoo Reduction/Removal Procedure

1. Before any laser treatment you must avoid sun exposure, tanning beds and tanning creams for approximately one month and refrain from these throughout the course of the remaining treatments.
2. Shave the area that is to be treated the day of the appointment to ensure a clean hairless surface. This hair, if not shaved, will absorb the laser energy and superficial thermal injury can occur.
3. On the day of the appointment try to avoid any perfumes, colognes, after-shave, or body lotions on the area to be treated. Use no topical products if at all possible as a photochemical reaction causing skin darkening could occur.
4. Wait 2 weeks before/after having injectable or filler procedures in the treatment area

Contraindications:

You should not have this procedure if you have:

- a pacemaker or internal defibrillator
- used Accutane® (or other oral retinoid) within the last 6 months
- A history of keloid scarring
- Any abnormal or undiagnosed pigmentation or wish to have treatment over tattoos, moles or semi-permanent makeup.
- Atypical moles of malignancy or history of skin cancer.
- Non-intact skin or inflammatory skin condition at treatment site (i.e. sores, psoriasis, eczema, infection, rash)
- Had laser resurfacing in treatment area within 3 months
- Vitiligo or any medical conditions involving impairment of skin structure, especially healing
- Poorly controlled Diabetes, Type 1 Diabetes or history of poor wound healing
- Pregnancy
- Taken medication that may cause photosensitivity to light.
- Nickel allergy, PCOS or other hormonal conditions or recent tanning
- Had a recent chemical or mechanical peel in treatment area (within 2 weeks)

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



POST-TREATMENT INSTRUCTIONS

Laser Tattoo Reduction/Removal Procedure

- Redness (erythema) and swelling (edema) may be seen in treated areas 2 hours or longer after treatment. Swelling may last for a few days and can be relieved by applying ice over the area.
- Antibiotic ointments are recommended for patients who have crusting/scabbing after treatment.
- Patients with darker skin may experience slightly more discomfort and are advised to use aloe vera gel or antibiotic treatment for a week.
- Make-up can be applied a few hours after treatment if there is no blistering on the treated area. However, you should purchase new facial cosmetic products as older make-up may contain bacteria that can cause infection.
- Avoid scratching or scrubbing treated areas. This may cause crusting/scabbing or wounds on tender and sensitive skin.
- Use an antibiotic ointment if a crust or scab develops. Keep the area moist with antibiotic cream. Allow the crust or scab to fall off.
- Protect the skin from the sun to avoid pigmentation. Use sunscreen products with SPF 30 or greater.
- Patients may experience skin shedding a few days after treatment. Gently wash the area by using a wet cloth.

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