



## CONSENT FOR TREATMENT

### *Microneedling (with or without PRP AND with or without RadioFrequency)*

#### **PURPOSE AND BACKGROUND**

As a patient of Nourished MedSpa and Wellness Center, I have requested microneedling. The concept of micro-needling is based on the skin's natural ability to repair itself when it experiences physical damage such as cuts, burns, abrasions or other injuries. Immediately after an injury to the skin, our body begins the healing process, triggering new collagen synthesis. I understand that the SkinPen® is an FDA approved micro-needling device that intentionally creates very superficial "micro-channels" to the outermost layer of the skin to induce the healing process that includes new collagen production. Using blood-derived growth factors (Platelet-rich plasma, or PRP), the microneedling facial procedure with PRP is a safe procedure for renewing the skin of the face and other body areas for correcting texture and color. The addition of radiofrequency energy to the microneedling procedure helps to further stimulate the body's natural collagen and healing processes revealing firmer, rejuvenated skin.

#### **PROCEDURE**

A minimally invasive technique to rejuvenate the skin by using microscopic needles to create punctures in the top layer of skin which triggers the body to create new collagen and elastin. Results include improved texture and firmness as well as a reduction in scars, pore size and stretch marks. Microneedling procedures are performed in a safe and precise manner with the use of the sterile needle head. Blood is drawn in the same way blood samples are taken for routine lab tests. Blood is centrifuged to separate the component cells. Platelets are separated and used for this procedure as platelet rich plasma. This platelet rich plasma is applied to your treatment area; microneedling drives this platelet rich plasma deep into your skin. The procedure is normally completed within 30–60 minutes, depending on the required procedure and anatomical site. After the procedure, the skin will be red and flushed in appearance, similar to a moderate sunburn. You may also experience skin tightness and mild sensitivity to touch on certain areas. This will diminish significantly within a few hours following the procedure. Within the next 24 hours, the skin will have returned to normal. After three days, there is rarely any evidence that the procedure has taken place.

#### **RISKS AND COMPLICATIONS**

1. Infection is very unusual. However, viral, bacterial, and fungal infections can occur any time the integrity of the skin is compromised. Should infection occur, you must contact or return to our office immediately, as additional treatment will likely be necessary.
2. Because the dermal penetration associated with micro-needling is so superficial it doesn't extend into the layer of the skin containing melanocytes, hyperpigmentation is very rare. However, failure to follow post-treatment instructions can put you at risk for hyperpigmentation. You MUST avoid sun exposure for 1 to 2 weeks after a micro-needling treatment. You should also wear a daily SPF facial moisturizer, which your practitioner can recommend. Lastly, avoid picking and/or peeling the skin during healing period.
3. Since the procedure involves drawing blood, you may experience bruising at the draw site.
4. Although normal healing after the procedure is expected, abnormal scars may occur in both the skin and deeper tissues. In rare cases, thickened or keloid scars may result, especially if you are prone to keloid scarring anyway. Scars may be unattractive and of different color than surrounding skin. Additional treatments may be needed to treat scarring.
5. There may be a very slight burning, scratchy, and irritated sensation to the skin. This is usually temporary and is gone within a few hours after treatment. A sudden reappearance of redness or pain is a sign of infection, and you should notify our office immediately.
6. Itching, redness, and swelling are normal parts of the healing process. These symptoms rarely persist longer than 24 hours. However, treatments received less than 4 weeks apart may induce prolonged symptoms.
7. Micro-needling is performed with a device whose head contains sterile, hypodermic needles, which makes an allergic reaction nearly impossible. However, in conjunction with the micro-needling procedure a variety of products may be used on the face; those products could cause an allergic reaction. Additionally, since micro-needling increases the penetration of topical substances, it could cause you to become hypersensitive to products used on the face. If an allergic reaction were to occur, you must contact our office immediately, as it may require further treatment.
8. Micro-needling will not completely or permanently improve skin texture, tone, elasticity, hyperpigmentation, or scars, or minimize fine lines and wrinkles. It is important that your expectations be realistic and you understand that the procedure has its limitations. Additional procedures may be necessary to achieve your desired effect.
9. Although rare from micro-needling, there is a possibility of a poor result from any cosmetic procedure. Micro-needling may induce undesirable results, including but not limited to skin sloughing, scarring, permanent pigment change, and/or other undesirable skin changes. There is always a possibility that you may be disappointed with the final results





## PRE-TREATMENT INSTRUCTIONS

### Microneedling 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.
- Accutane (Isotretinoin) must be discontinued 6 months prior to your treatment.
- Avoid aspirin and aspirin containing products for 2 days prior to treatment.
- Avoid blood thinning drugs and supplements (Fish oil) 2 days prior. If you cannot, SkinPen® may not be recommended.
- Avoid Retin-A, Retinols, Glycolics, Salicylics, or irritants on the on the treatment area 3 days prior to treatment.
- If there is dense hair present in the treatment area, closely shave the area before you arrive to your appointment.
- Moles, warts or actinic (solar) keratosis cannot be treated.

If you are using a topical anesthetic, please apply 15-30 minutes before your treatment. If you need to apply the anesthetic at the office, please make appointment arrangements prior to your treatment.

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



## POST-TREATMENT INSTRUCTIONS

### Microneedling Procedure

1. The treated area may be pink and mildly inflamed (similar to the appearance of a mild sunburn) for 24-48 hours following your SkinPen procedure.
2. Avoid direct sun exposure the day of your treatment.
3. Avoid sweating, saunas, swimming pools, lakes or ocean water for 24 hours after your treatment.
4. Cleanse the treated area with a gentle cleanser.
5. Avoid exfoliating scrubs or brushes for 24-48 hours post treatment.
6. Apply a soothing cream or serum to the treated area until no irritation persists.
7. Use at least SPF 30 the next day and all following days.
8. Makeup may be applied as needed the following day, don't apply makeup the day of your treatment.
9. You may resume your anti-aging products within 24-48 hours or as your skin is not irritated or inflamed.
10. If you are prone to herpes simplex outbreaks, such as cold sores, please ask for a prescription from Dr. Carter

*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.*

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**Patient Name (please print)**

**Patient Signature**

**Date**