



CONSENT FOR TREATMENT

Plasma Pen

PURPOSE AND BACKGROUND

As a patient of Nourished MedSpa and Wellness Center, I have requested plasma pen skin resurfacing therapy, which is used to treat skin tone and texture, and skin tightening. The procedure may require multiple sequential treatments. I understand that every individual is unique and it is very difficult to guarantee a specific number of treatments needed. I am mindful that this is a true downtime procedure of up to two weeks.

PROCEDURE

Plasma energy will be used to 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 plasma 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 plasma skin resurfacing.

- **Infection-** Although infection following plasma skin resurfacing is unusual, bacterial, fungal, and viral infections can occur. Should an infection occur, additional treatment including antibiotics may be necessary. Initial
- **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). Pink spots where the overlying scabs were may last up to 6 months after treatment. I understand and agree that if a scab is pulled off before it naturally falls off, there is a very high risk of pigment problems. Initial
- **Burns-** Plasma 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 including but not limited to plastic surgery. Initial
- **Color Change-** plasma resurfacing may potentially change the natural color of your skin. Skin redness can last up to 2 weeks after a skin resurfacing treatment. There is the possibility of irregular color variations within the skin including areas that are both lighter and darker. Initial
- **Bleeding-** Bleeding is sometimes associated with skin resurfacing procedures, especially if there were shallow blood vessels in the area of treatment. 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. If your medical conditions require blood thinners then you are not a candidate for this procedure. Initial
- **Bruising-** It is very common to develop petechiae (broken blood vessels) after skin resurfacing. This side effect is temporary, but may last up to 2 weeks after laser treatment. Initial
- **Skin Tissue Pathology-** plasma energy directed at skin lesions may potentially vaporize the lesion. Laboratory examination of the tissue specimen may not be possible. Initial
- **Visible Skin Patterns-** plasma 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. Initial
- **Change in Skin Sensation-** you may 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. Initial
- **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. Initial
- **Skin Drainage-** It is not common to have a significant amount of skin drainage after plasma skin resurfacing. If it appears as if there is an infection, I will let Dr. Carter know immediately. Initial

BENEFITS

You will likely see full results at 3 to 4 months after the procedure with appropriate home care to maintain treatment results.

ALTERNATIVES

This is strictly a voluntary cosmetic procedure that is not medically necessary. 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 plasma skin resurfacing procedure. In certain situations, the plasma pen may offer a specific therapeutic advantage over other forms of treatment. Alternatively, plasma 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.

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 plasma pen 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 will follow them exactly. 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

Plasma Pen

1. Before any 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. Avoid any other type of procedures on the same day as your Plasma Pen treatment
3. Discontinue any use of topical Retin-A products at least 7 days prior to treatment
4. If your eyes are being treated, REMOVE contact lenses and eyelash extensions prior to treatment. Bring your glasses to drive home afterward.
5. The treatment can be moderately uncomfortable for several days depending on the area being treated. Swelling for 2 to 7 days after the cosmetic treatment as normal and to be expected.
6. Inflammation is not only a byproduct of the trauma caused by the treatment but is necessary in the production of collagen and elastin. Do nothing to discourage it and note that 2 to 7 days is average. It is very aggressive in the soft tissue areas such as the eyes. You may even have blurred vision as a result of swollen eyelids.
7. Heat will be felt, similar to a moderate-to-aggressive sunburn. This is a normal occurrence and it is normal. It usually subsides within 48 hours.

Contraindications:

You should not have this procedure if you have:

- A pacemaker or internal defibrillator
- Easy scarring or pigmenting after injury
- 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 4 weeks)

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



POST-TREATMENT INSTRUCTIONS

Plasma Pen

- Erythema, or pinkness to the skin, will be present immediately following the treatment. Scabs are formed at the time of treatment and will be visible. These scabs usually fall off anywhere from days 7-14, sometimes longer. **DO NOT PICK OR REMOVE SCABS.** This is the number one reason for pigment issues after treatment. Allow the crust or scab to fall off. Pat the skin dry, never rub or scratch at the area treated. They are concerning if pus is seen oozing from the skin. If this happens, call and ask to see Dr. Carter.
- Patients who have their eyes treated will look like they've been 8 rounds with Joe Lewis for several days after treatment. Their eyes may even swell shut. There may be persistent pain in the days after your treatment that feel like a moderate sunburn.
- Redness (erythema) and swelling (edema) may be seen in treated areas. Swelling may last for days and can be relieved by applying ice over the area. Sleep propped up in a 45-degree angle or greater until swelling subsides.
- The area treated must not be covered with any type of makeup, mascara, creams or other product (outside of what we recommend) until the area is finally healed. Wash gently with mild/gentle facial cleanser twice a day. Any other treatment or wearing makeup could result in unnecessary infections or undesired effects.
- The treatment can be moderately uncomfortable depending on the area being treated. Swelling for 2 to 7 days after the cosmetic treatment as normal and to be expected.
- Inflammation is not only a byproduct of the trauma caused by the treatment but is necessary in the production of collagen and elastin. Do nothing to discourage it and note that 2 to 7 days is average. It is very aggressive in the soft tissue areas such as the eyes. You may have blurred vision as a result of swollen eyelids. Don't take antihistamines unless absolutely necessary and only after speaking with Dr. Carter.
- Protect the skin from the sun to avoid pigmentation issues. Use sunscreen products with SPF 30 or greater immediately after the swelling subsides and the scabs fall off. This will be used indefinitely.

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