



nourished
MEDSPA AND WELLNESS CENTER

CONSENT FOR TREATMENT

Skin Lesion Removal

PURPOSE AND BACKGROUND

As a patient of Nourished MedSpa and Wellness Center, I have requested skin lesion removal. The following points have been discussed with me:

- The potential benefits of the proposed procedure.
- The possible alternative procedures.
- The probability of success.
- The reasonably anticipated consequences if the procedure is not performed.
- The most likely possible complications/risks involved with the proposed procedure and subsequent healing period, including infection, scarring and skin discoloration.

PROCEDURE

Two techniques are used for skin lesion removal. One is with cryosurgery and the other is with excision. After the procedure, the skin may be red and flushed in appearance, similar to a moderate sunburn. You may also have stitches. 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.

RISKS AND COMPLICATIONS

1. 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 skin lesion removal hyperpigmentation is a possibility. Failure to follow post-treatment instructions can put you at risk for worse hyperpigmentation. You **MUST** avoid sun exposure for 1 to 2 weeks after 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. 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.
4. 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.
5. 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.
6. Although rare, there is a possibility of a poor result from any cosmetic procedure. Removing skin lesions 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. 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.
7. 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.
8. 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.
9. Skin lesion removal is contraindicated for patients with: keloid scars, scleroderma, collagen vascular diseases or cardiac abnormalities, a hemorrhagic disorder or hemostatic dysfunction, active bacterial or fungal infection.

BENEFITS

- Removing protruding Skin Lesions that get in the way of shaving
- Reducing skin irritation and infection that can occur when certain skin lesions rub against clothing and/or jewelry.
- Achieving smoother, clearer skin
- Enhancing appearance and improving self-esteem
- This Skin Lesion removal procedure maybe viewed as COSMETIC

ALTERNATIVES

This is strictly a voluntary cosmetic procedure. No treatment is necessary or required. Other alternative treatments would be to do nothing.

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 skin lesion 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

Skin Lesion Removal 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.
- 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

Skin Lesion Removal Procedure

1. Wash the area once or twice daily with a gentle soap. Please do not scrub or pick at the site.
2. Within a few hours or days after a successful treatment, the area may blister, turn a dark brown or black, or form a scab. This is a normal and desirable result.
3. Three to five times a day apply white petrolatum (Vaseline or Aquaphor) to the area. You do not want a scab to form. In general, depending on the area, it is best to keep it covered. For patients who do not want to keep the area bandaged (i.e. facial sites), it is even more important to keep a coating of ointment over the site. The area will become more red for several days after the procedure. If the redness extends more than 1 cm from the incision site, there is draining pus, a fever or significant pain, please give the office a call.
4. If a stitch is placed, we will have you come in for stitch removal in 1- 2 weeks after the procedure. If a dissolvable stitch was placed, this takes 2- 4 weeks to dissolve.
5. Avoid direct sun exposure the day of your treatment.
6. Avoid sweating, saunas, swimming pools, lakes or ocean water until the stitches are removed.
7. Cleanse the treated area with a gentle cleanser such as soap and water only.
8. Avoid exfoliating scrubs or brushes to the incision/treatment site.
9. Apply a soothing cream or serum to the treated area until no irritation persists.
10. Use at least SPF 30 the next day and all following days.

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