

CONSENT FOR TREATMENT

PDO Threadlifting Procedure

PURPOSE AND BACKGROUND

As a patient of Nourished MedSpa and Wellness Center, I have requested administration of Polydioxanone (PDO) threads. This is a non-surgical skin rejuvenation procedure that provides a subtle lifting and tightening effect to the skin achieved by the injection of a special thread called polydioxanone, or PDO, which has properties that stimulate the synthesis of collagen and elastin. I understand that all medical and cosmetic procedures carry risks and may cause complications. The procedure may require multiple sequential treatments.

PROCEDURE

- 1. This procedure is administered via the injection of multiple needles into the determined treatment areas of the face or body. The needles contain the PDO filament, or thread. When the needles are placed in the skin and later retrieved, the PDO thread is left in the skin. The PDO is made of bio-absorbable and anti-microbial filament. The PDO thread will dissolve in the skin tissue in approximately 6 months. In the process, the PDO will generate collagen and elastin stimulation, producing a natural tightening effect in the treated areas.
- 2. The type of PDO threads used, length of the needles, and depth of the injection(s) will depend on the areas being treated.
- 3. A topical or injectable anesthesia, depending on the areas being treated, is used to reduce the discomfort of the injections.
- 4. The treatment site(s) is/are cleansed first with an antiseptic (cleansing) solution.
- 5. Multiple needles will be injected depending on the treatment areas.
- 6. The needles will then be removed, leaving the PDO thread in the skin.
- 7. If the treated area is swollen directly after the injection, ice may be applied on the site for a short period.
- 8. Improvement is gradual and full correction appears between 4-6 weeks after treatment.
- 9. Regular maintenance treatments help sustain the desired level of correction.

RISKS AND COMPLICATIONS

- 1. Although a very thin needle is used, common injection-related reactions could occur. These may include but are not limited to: swelling, pain, itching, discoloration, bruising or tenderness at the injection site. This may last from a few hours to a few days. In some cases, bruising can take several days. You could experience increased bruising or bleeding at the injection site if you are using substances that reduce blood clotting such as aspirin or other non-steroidal anti-inflammatory drugs such as Advil.
- 2. Tenting of the skin or the sensation of a thread may be felt underneath the skin and may be visible after placement
- 3. Reactions generally lessen or disappear within a few days but may last for a week or longer.
- 4. The threads also may inadvertently migrate to other areas and require removal or revision. There may be pain that occurs at any point after placement.
- 5. As with all injections, this procedure carries the risk of infection. The needles are sterile and standard precautions associated with injectable materials have been taken.
- 6. Some patients may experience additional swelling or tenderness at the injection site and in rare occasions, pustules might form. These reactions might last for as long as approximately 2 weeks, and in appropriate cases may need to be treated with oral corticosteroids or other therapy.
- 7. PDO threads should not be used in patients who have previously experienced the above-mentioned hypersensitivity, those with severe allergies, and should not be used in areas with active inflammation or infections (e.g., cysts, pimples, rashes, or hives).
- 8. If you are considering laser treatment, chemical skin peeling, or any other procedure based on a skin response after an PDO thread lift treatment, or you have recently had such treatments and the skin has not healed completely, there is a possible risk of an inflammatory reaction at the injection sites.
- 9. Most patients are pleased with the results of the PDO thread lift procedure. However, like any cosmetic procedure, there is no guarantee that you will be completely satisfied. There is no guarantee that wrinkles and folds will disappear completely, or that you will not require additional treatment to achieve the results you seek. While the effects of PDO threads can last longer than other comparable treatments, the procedure is still temporary. Additional treatments will be required periodically, generally within 1 to 2 years, involving additional injections for the effects to continue.
- 10. After treatment, you should minimize exposure of the treated area to excessive sun or UV lamp exposure and extreme cold weather until any initial swelling or redness has gone away.

BENEFITS

PDO threads have been shown to be safe and effective when compared to other thread treatments. Once optimal results have been achieved, the effects of PDO threads can last between 1 to 2 years before additional treatments are required.

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: laser or other light therapy treatments, radio frequency or other heat therapy treatments, or ultimately, surgery.

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 PDO Threadlifting 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
Performed by (please print name and title)	Practitioner Signature	Date



PRE-TREATMENT INSTRUCTIONS

PDO Threading Procedure

If you have a history of cold sores, consider beginning prophylactic treatment with Valtrex or similar no later than the day prior to PDO Threading.

Notify the center if you develop a cold sore, acne, open lesions in the area being treated, or experience any type of illness prior to your treatment.

For two weeks before the procedure, AVOID:

- Chemical Peels and Laser/IPL treatments
- Botox/Xeomin
- Fillers
- Avoid sun exposure for 2 weeks prior to treatment and use SPF 30 daily to ensure coverage against UVB and UBA rays.

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



POST-TREATMENT INSTRUCTIONS

PDO Threading Procedure

Results:

- It may take 2 weeks or longer for the treatment effect to be noticeable
- Bruising and swelling is normal and expected if bruising is visible you can start taking oral Arnica and apply topical arnica cream.
- Asymmetry and irregularity of the tissues treated is common and will resolve
- Pain at the injection site(s) is normal this may last several days or even one week after treatment

What you need to do:

- If you see any irregularity or puckering of the skin of the treated areas, you may gently massage those areas by applying a small amount of moisturizer and massaging in circular motions. You may repeat this 3 to 5 times a day.
- If any of the threads are exposed or start to extrude, please call Dr. Carter.
- Avoid exercise for 24 hours unless you are told otherwise

When to call:

- If you experience increased redness, swelling, or pain at an injection area
- If one or more of the threads begin to extrude
- If you have any questions or concerns regarding your 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