

Microneedling® Patient Consent Form

DESCRIPTION OF THE PROCEDURE Microneedling procedures allow for controlled induction of the skin's self-repair mechanism by creating micro "injuries" in the skin, which triggers new collagen synthesis. The result is smoother, younger-looking skin.

Microneedling procedures are performed in a safe and precise manner with the use of the sterile needle head. The procedure is normally completed within 30–60 minutes, depending on the required procedure and anatomical site.

SIDE EFFECTS 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 24-48 hours, the skin will have returned to normal. After three days, there is rarely any evidence that the procedure has taken place.

CONTRAINDICATIONS Microneedling 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.

PRECAUTIONS AND WARNINGS Microneedling has not been evaluated in the following patient populations, and as such, precautions should be taken when determining whether the SkinPen procedure is adequate for the patient: scars and stretch marks less than one year old; women who are pregnant or nursing; keloid scars; patients with history of eczema, psoriasis and other chronic conditions; patients with history of actinic (solar) keratosis; patients with history of herpes simplex infections; diabetics or patients with wound-healing deficiencies; patients on immunosuppressive therapy; and skin with presence of raised moles or warts on targeted area.

PATIENT CONSENT I understand that results will vary among individuals. I understand that although I may

see a change after my first procedure, I may require a series of sessions to obtain my desired outcome.

The procedure and side effects have been explained to me including alternative methods, as have the advantages and disadvantages.

I am advised that though good results are expected, the possibility and nature of complications cannot be accurately anticipated, therefore, there can be no guarantee as expressed or implied either as to the success or other result of the procedure. I am aware that microneedling procedure is not permanent and natural degradation may occur over time.

I state that I have read (or it has been read to me) and I understand this consent and I understand the information contained in it.

I have had the opportunity to ask any questions about the procedure including risks or alternatives and acknowledge that all my questions about the procedure have been answered in a satisfactory manner.

Print Name: _____

Signature: _____

Date: _____

Witness Signature _____

Date: _____

Microneedling Pre and Post Care

PRE-TREATMENT INSTRUCTIONS

1. Sun exposure and/or usage of a tanning bed, including self-tanning products must be avoided for a minimum of 24 hours before and after the treatment, preferably 1 week. Treatment within 24 hours of prolonged sun exposure (natural sunlight, artificial tanning booth, or sunless tanning products) may result in hypopigmentation (white spots) or hyperpigmentation (dark spots) that may not clear for several months or may even be permanent. A Micro Needling treatment will not be administered on sunburned skin.
2. Area to be treated must be clean, and free of any lotion, makeup, and sunscreen. If you have any of these on, they must be completely washed off prior to treatment.
3. Accutane and any other photosensitizing medication should be discontinued for a period of at least 6 months prior to receiving treatment and should not be used during your course of treatment.
4. No area to be treated should receive any type of Chemical Peel for 2 weeks prior and after treatment.
5. Retin-A, Renova, and Tazorac must not be used for 1 week prior or after treatment.
6. Waxing and/or use of chemical depilatories must be avoided for 2 weeks prior and after the treatment. Shaving is allowed immediately before treatment and 48-72 hours after treatment as long as there is no skin irritation.
7. You may not be pregnant for this treatment.
8. Notify the provider of any tattoos, including cosmetic tattooing, in the vicinity of the area to be treated as tattoos must be avoided.
9. If you have a history of cold sores, we may recommend prophylactic antiviral therapy in the form of Valtrex® or Aycylovir. If so, follow the directions for your prescription.
10. During the course of your treatments, notify our staff of any changes to your medical history, health status, or personal activities that may be relevant to your treatment.

POST-TREATMENT INSTRUCTIONS

1. **A sunburn-like effect is normal for 1-3 days.** You will look and feel sunburned after the treatment. Severity of redness will depend on how aggressive the treatment was performed. The skin may feel tight, dry, swollen, and sensitive to the touch. The treated area may appear darker and the darkened skin may flake off within 1 week. Avoid picking or exfoliating the area and allow old skin to flake off naturally.
2. **After Care Products and Regimen:** Wash the treated area gently twice a day with a gentle cleanser. Use tepid water only. Apply a soothing, healing moisturizer as often as needed for the first 3 days.
3. **Sun exposure must be avoided for at least 24 hours after your treatment, preferably 1-2 weeks.** If you know you will get incidental sun exposure, i.e., driving to and from work, walking from your car to the house, etc., we recommend physical avoidance of the sun in all treated areas, a protective hat and a full spectrum sun block of SPF 30 or higher.
4. Do not use exfoliating medications, chemicals, or products on the treated areas for at least 1 week.
5. No exercise that causes sweating, Jacuzzi, sauna, or steam baths if any skin irritation exists.
6. Advil or Tylenol may be taken as necessary for discomfort. Ice packs may be used if desired to minimize swelling.
7. Sleep on your back with your head elevated slightly to reduce swelling.
8. It is recommended that makeup should not be applied for 12 hours after the procedure.
9. For best results and efficacy, we recommend a series of 6 treatments administered at 2-4 week intervals. You may notice immediate as well as longer term improvements in your skin.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CONTACT US IMMEDIATELY AT 973-775-9380