



AESTHETIC FACIAL PLASTIC SURGERY PLLC
DR. PHILIP YOUNG, MD

Pre- & Post Hair Removal Instructions and Home-Care Regimen

Pre-Hair Removal Regimen:

- Avoid sun exposure or tanning beds to the area being treated. The laser may be less effective on burned or tanned skin.
- Discontinue the use of Retin-A, Renova, Retinol, Differin, Tazorac, Tretinoin, Glycolic, and Alpha-Hydroxy (AHA) products 72 hours (**three days**) prior to laser treatment.
- Discontinue waxing, bleaching, tweezing, depilatories or electrolysis for 4-6 weeks prior to treatment. You may shave or trim the area.
- If you have a history of cold sores, viral infections or herpes, you will need to take Valtrex, Famvir, or Zovirax for three days, starting 24 hours prior to treatment. If you do not have any medication, call us for a prescription.
- The hair on the area to be treated must be less than ¼" long on the day of your treatment.
- Some people feel more comfortable if they have taken a pain reliever before the treatment. You may take ibuprofen (Advil) 20 minutes before the treatment.

Post-Hair Removal Regimen:

- The area must be treated with care. **BE GENTLE!** Do not scratch or pick at your skin
- Swelling, redness and tenderness are all normal side effects after laser treatment. Discomfort will usually not last longer than six hours. You may take Tylenol. Apply a cold compress or ice wrapped in a soft cloth as needed for a few hours. You may apply 100% pure Aloe Vera to soothe irritation.
- Use a mild cleanser until the area is totally healed. Do not use exfoliating cleansers, face cloths or loofah sponges, glycolic, vitamin C, or acne products for one week. Wash gently using just your fingertips.
- You **must** avoid sun exposure. As soon as the redness subsides, use a broad-spectrum sun block with SPF 30. Otherwise, the area may develop a brown discoloration.
- Do not wax, bleach, tweeze, use depilatories, or have electrolysis done in between laser treatments. This may hinder your results.
- It is best to avoid makeup until all the redness has resolved. If makeup is applied and removed while the skin is still red there is an increased risk of scarring or skin irritation.
- Please call us if there is persistent redness 2 days after your treatment
- Crusting can occur in up to 10% of cases. The area can crust during the first several days and may last up to two weeks. If this happens, you should:
 1. Apply an antibacterial ointment, such as bacitracin, twice daily and allow the crust to fall off naturally.
 2. Call us if the area develops blisters or if it opens up and looks infected.



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3. A non-adherent dressing, such as Telfa, may be applied if there is a chance of rubbing or injury to the treated area.
4. Do not use makeup until the crusting has totally cleared. BE GENTLE!

If you have any questions or concerns, please feel free to call the office.



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Consent for Intense Pulse Light (IPL) Laser Treatment

In our ongoing efforts to provide you with the best possible service, we ask that you carefully review this procedural consent form and ask any questions necessary to help you fully understand it. Please sign only after careful review and consideration.

Procedure

Intense Pulsed Light (IPL) systems are used for photorejuvenation. Photorejuvenation assists in the treatment of the following skin conditions:

Vascular changes, including telangiectasias (spider veins), and the redness and flushing symptoms of rosacea.

Pigmentary changes, including brown spots, sun spots and lentigines, dyschromia and other conditions brought about by sun damage and photo-aging.

Enlarged pores, poikiloderma and melasma.

Generalized aging of the skin.

Mechanism

The IPL system produces a broad beam of highly concentrated light. This light is filtered to a wavelength that is selectively absorbed by the target tissues with minimal effect on surrounding tissues. This absorption produces heat, which in turn alters the undesirable target tissues. The body's natural healing process then absorbs the affected tissue and allows for re-growth of healthy tissue. The duration (milliseconds) and energy (fluence) of the light pulse are adjusted for your specific skin characteristics to achieve maximum benefit. The target is usually abnormal pigmentation or small, unsightly blood vessels.

Safety

All required safety precautions and all IPL-specific guidelines will be followed to ensure the utmost in safety during your treatments. This includes the use of protective eyewear at all times while the equipment is in use. We recommend removal of contact lenses during facial treatments.

Alternatives

I am aware of alternative methods of treatment such as topical chemical products and other light-based or laser systems. I realize that various other alternative services may be available through skin care specialists. I understand that



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my concerns regarding the condition of my skin may be caused by various medical conditions that may require other forms of treatment and that it is my responsibility to explore such options prior to beginning IPL treatments. I have explored such alternatives to my satisfaction, and have made an independent decision to proceed with IPL treatments.

Limitations

I understand that some rejuvenation is achieved in nearly everyone, but that results vary widely from patient to patient. My results are limited by the equipment capability as well as by my personal skin characteristics. Fitzpatrick skin typing will be assessed prior to treatment. I understand that the higher the Fitzpatrick skin type, the greater the potential risk of the treatment. To reduce the occurrence of side effects, we limit photo-rejuvenation treatments to skin types I - IV. Hormonal therapy and other medical conditions may affect my results. These issues will be/were discussed at the time my medical history is/was reviewed. Results are cumulative; therefore a series of treatments is necessary to achieve maximum benefit. Actual results cannot be guaranteed.

I understand that Intense Pulse Light is not intended to substitute for a surgical facelift, ablative skin resurfacing, or procedures that treat deep wrinkles and sagging skin. It is intended for patients desiring evenness of color in their complexions, or those showing signs of sun damage and photo aging. Intense Pulse Light skin treatments have a great appeal to individuals with active lifestyles who cannot set aside healing time, as required with ablative procedures or surgery. The procedure requires no "downtime", i.e., patients can resume all activities immediately after treatment, except sun exposure.

Cautions

I understand that hair follicles in the treated area may be permanently affected, resulting in reduced hair growth. I understand that I should not undergo facial IPL treatments unless I am willing to accept a reduced ability to grow facial hair. If I am subject to keloid formation (thickened scars), excessive scarring or poor healing (due to diabetes or other conditions) I will consult my personal physician prior to proceeding. I understand that tattoos and permanent makeup in the treatment area may be altered and moles may be lightened. I understand that recurrent viral infections such as herpes simplex (cold sores) or varicella (shingles) may be activated. If I have a personal or family history of skin cancer, I have been advised to consult a specialist before having pigmented lesions treated. Prior to any treatment, I will advise Aesthetic Facial Plastic Surgery, PLLC of any history of excessive bleeding or bruising, if I have sun sensitivity or am using any sun sensitizing medications, hormones, steroids, Accutane, Retin-A or similar products, or contraceptives. I understand that all reflective objects, such as jewelry and watches, must be removed if near the treatment area.

Further Contraindications include, but are not limited to the following:

- Current or history of cancer, especially malignant melanoma, or recurrent non-melanoma skin cancer, or pre-cancerous lesions such as multiple dysplastic nevi.
- Any active infection.
- Disease which may be stimulated by light at 560nm to 1200nm, such as history of recurrent Herpes simplex, systemic lupus erythematosus, or porphyria.
- Use of photosensitive medication and / or herbs that may cause sensitivity to 560-1200m light exposure such as isotretinoin, tetracycline, or St John's Wort (Best Avoided for at least one year before your resurfacing).
- Immunosuppressive disease, including AIDS and HIV infection, or use of immunosuppressive medications.



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- Patient history of Hormonal or endocrine disorders, such as polycystic ovary syndrome or diabetes, unless under control.
- History of bleeding coagulopathies, or use of anticoagulants.
- History of keloid or hypertrophic scarring.
- Very dry skin.
- Exposure to sun or artificial tanning during the 3-4 weeks prior to treatment. Sunblock should be applied 2 weeks or more before your procedure using a product that is sensitive for the skin and contains titanium dioxide or zinc oxide-containing sunblock.
- Skin type V1 or very dark, black skin types
- Pregnancy and nursing.
- Ectropion, outward turning of the lower eyelid and excessively dry eyes, previous lower blepharoplasty.
- koebnerizing diseases, prior radiation therapy leading to a loss of adnexal structures, extensive fibrosis resulting from prior cosmetic treatments (e.g., Dermabrasion, deep chemical peels, silicone injections).

Discomfort

I understand that the sensation generated by the light pulse is most commonly described as a rubber band snapping against the skin, and most individuals are able to tolerate this for the short duration of the treatment. I understand that I will have a sunburn-type sensation in the treatment area for several hours afterwards, and that topical anesthetics are available to decrease any perceived discomfort from the IPL treatment. If I desire a topical anesthetic, I will discuss this with my IPL technician / nurse / aesthetician or doctor.

Skin Effects

I understand that Acceptable results will likely take a number of treatments, usually four to six. The entire program should be planned at the outset so that you can have a set schedule to come in and to help you to have realistic expectations. Most people will typically experience transient temporary redness, bruising, swelling and flaking of pigmented areas. Discomfort can occur when a pulse is triggered in various degrees. Some describe the sensation as stinging, while others liken it to a rubber band snap. A burning sensation may last up to an hour after treatment. Some skin swelling (edema) may occur especially following facial treatments. Excessive swelling can occur immediately after treatment, especially around the nose and eyes the skin may swell temporarily. Swelling usually subsides within hours to as much as seven days. Bruising, blistering, scabbing, infection and other skin changes are also possible, although much less likely. Very rarely, a blue-purple bruise may appear on the treated area. It may last from five to fifteen days. As the bruise fades, there may be rust-brown discoloration of this skin, which fades in one to three months. You can have damage to skin texture, A crust or blister may form, which may take from five to ten days to heal. I understand that in most cases, all of these effects should resolve themselves within a few hours to several days following treatment. Burns: There is a small chance of burns occurring on the skin. To reduce the possibility of burns from occurring, it is important to carefully follow all treatment instructions, and in particular performing test patches can be an option. I understand that cold com-presses and recommended skin care products may be beneficial, and in extreme cases a mild steroid cream, to reduce swelling or antibiotic may be necessary to prevent infection. After Treatment the skin at or near the treatment site may become fragile. If this happens, avoid makeup and do not rub the area, as this might tear the skin. Scarring is extremely rare and usually occurs in those with a predisposition such as a history of keloids or other excessive



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scarring. To reduce the chance of scarring, it is important to carefully follow all post-treatment instructions and exclude patients that have a genetic tendency for scarring. I understand that IPL can cause pigmentation changes such as hypopigmentation (decreased skin coloration) or hyper-pigmentation (increased skin coloration) and, although rarely permanent, may last several weeks to months. For up to fourteen days following treatment, pigmented lesions may become darker. I understand that post-treatment use of sunscreen is advised to minimize this risk, and that in some cases bleaching creams may provide additional benefit. I have been advised not to undergo IPL treatments if I have such a history and under these circumstances acknowledge that Aesthetic Facial Plastic Surgery, PLLC cannot guarantee the outcome of my treatments. I agree to carefully follow the pre and post-treatment instructions to reduce the likelihood or severity of any adverse skin changes.

Intense Pulse Light is typically administered in a series of four to six treatments, performed at intervals of a minimum of three weeks. A Three week interval has proven optimal. However larger intervals do not appear to adversely influence treatment results. Spreading the treatment over this period provides a gradual improvement of the skin, a minimal risk of adverse effects, and preserves the important "no downtime" feature of the program. In rare cases where side effects do occur, postpone further treatments until after complete healing. The most common side effects are:

Long Term Risk

I understand that the risks of IPL treatments may not be fully known. The information presented to me is based on clinical studies conducted over a relatively short period of time. Although considered safe, Advanced Laser Clinics cannot be held responsible for any IPL risk not yet discovered or commonly known.

Continued Consent

I agree that this consent shall apply to all subsequent IPL treatments.

Guarantee

I understand that although every reasonable effort will be made to achieve a desirable outcome no guarantees are stated or implied.

PRE & POST-TREATMENT INSTRUCTIONS:

I understand that failure to carefully follow the instructions below may affect my treatment outcome and increase the likelihood or severity of complications. I agree to review and adhere to these instructions prior to each appointment.

Prior to Your Appointment:

Avoid sun tanning for at least 2 weeks prior to treatments. This will also be required after treatments. You must avoid self-tanning creams for at least 1 week prior to treatments.

Do not use any medication that causes photosensitivity for at least 72 hours prior to laser treatments. If you are taking a prescription medication that causes photosensitivity, please contact your prescribing physician to discuss your options.

Do not use Accutane (or products containing isotretinoin) for at least 6 months prior to treatments. Use of Retin-A (or products containing tretinoin) is acceptable up to 5 days before treatment, provided there is no skin reaction present.



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We recommend that you avoid the use of aspirin, ibuprofen and other anti-inflammatory or blood thinning medications at least 2 weeks prior to treatments, as these will increase the likelihood of bruising.

The treatment area must be free of any open sores, lesions or skin infections. For treatment of pigmented skin lesions, you should consult a specialist if there is a family or personal history of skin cancer or if you have these concerns.

On The Day of Your Appointment:

Shave any hair present in the area to be treated. Men should shave the beard area twice in succession in order to ensure as close a shave as possible.

Gently wash the area to be treated, removing makeup, lotion, etc. Do not apply any creams, lotions or other products to the area except a topical anesthetic (if being used).

If you have elected to use a topical anesthetic, do so only after reviewing all cautions associated with its use. Apply and use as directed prior to arrival.

If applicable, dress so that you may modestly expose the treatment area.

After Your Treatment:

You will have a mild sunburn sensation following treatment that is usually gone within a few hours. Skin redness, flaking, mild bruising and/or slight edema (swelling) is normal and may last a few days. Blistering is uncommon and when it occurs it is generally not serious. Pigmented areas may begin to flake after a few days.

Cold compresses (notice) and recommended skin care products may be useful to reduce swelling or discomfort. cold packs should be applied immediately after treatment, to cool the treatment site, reduce swelling and ease discomfort. Chemical cold packs are not recommended, if their temperature is below 4 degrees Celsius. Alternatively, frozen 4 x 4 gauze, previously moistened with water and inserted into small plastic bags or in plastic wrap, could be used after treatment. You may take tylenol for discomfort. Hydrocortisone (or other steroid) cream may decrease any itching or skin irritation. Vaseline ointment (only Vaseline and not Neosporin or other antibiotic ointments not suggested by your doctor) may be used if skin is broken, to prevent infection.

Your skin will be fragile for 2-3 days. Use gentle cleansers, but do not rub the skin vigorously and avoid hot water during this time. Skin moisturizers may be used immediately and makeup can be applied if the skin is not broken.

It is important to avoid sun exposure and tanning creams between treatments. Use SPF 35 or greater on the treatment area at all times. Tanning after treatment sessions may enhance melanin regeneration, which may result in hyper-pigmentation.

The treatment area may be left open and uncovered with no bandage or special dressing required. Do not scrub or exfoliate the area. Do not use any products on the treated area without first consulting our staff.

In the rare case that you experience any blistering or scabbing, please call us as soon as possible. Contact us if you experience persistent or unusual redness, swelling or drainage, as antibiotics may be necessary. If any pigment changes are bothersome or persist beyond 4 weeks, please discuss this with us.

Makeup: You can use makeup immediately but if there is any reaction you should notify us as soon as possible.

Follow-up: We will have you return every three weeks until your program is completed the



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Adverse effects: If there are any adverse effects, treatment should be discontinued until the treatment site has healed and the reason for the adverse reactions is understood.

In most cases, the low energy, low risk nature of IPL skin treatments make is safe to resume virtually all activities except excessive sun exposure.

I certify that I am a competent adult of at least 18 years of age.

My signature attests to the fact that I have fully read this entire consent form, that I have had any questions or concerns answered to my satisfaction, that I understand and agree with the information contained herein, and accept the risks inherent in undergoing this treatment.

I hereby consent to the use of the Intense Pulsed Light (IPL) system in the hopes of attaining the desired benefits.

I have read and understand the above consent. I had all of my questions answered & received a copy. I agree to the above information.