

# Microneedling

Name:

Date:

Fitzpatrick Skintype:

## Consent:

The MDPen skin microneedling system allows for controlled induction of the skin's self-repair mechanism by creating micro injuries in the skin to trigger new collagen synthesis, while not posing the risk of permanent scarring. The result is smoother, firmer, and younger-looking skin. Skin needling treatments are performed in a safe and precise manner with the sterile needlehead and are normally completed within 30-60 minutes, depending on the selected area. After the procedure, the skin may be red and flushed in appearance, similar to moderate sunburn. In the treatment area, skin tightness and mild sensitivity may also be experienced. These side effects will diminish within a few hours following treatment and over the next 24 hours. After 3 days, there will be little evidence that the procedure has taken place.

*Contraindications and precautions include:* keloid or raised scarring; history of eczema, psoriasis, actinic (solar) keratosis, herpes simplex infections, diabetes, and other chronic conditions; presence of raised moles, warts, or any raised lesions in the target area.

*\*\*Please notify Dr Alexis if you have a history of HSV/cold sores so pre-procedure prophylaxis can be prescribed for you.*

*Absolute contraindications include:* scleroderma, collagen vascular diseases, or cardiac abnormalities; rosacea or blood clotting problems; active bacterial or fungal infections; immuno-suppression; scars less than 6 months old; and facial rollers used in the past 2 - 4 weeks.

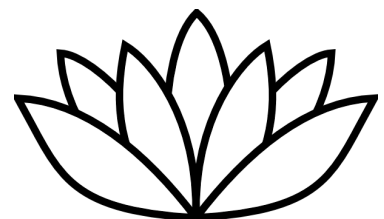
Treatment is not recommended for patients who are pregnant or nursing due to risk of hyperpigmentation and need for retinoids.

I understand that results will vary among individuals. I understand that although I may see a change after my first treatment, 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. I understand the advantages and disadvantages of this procedure.

I am aware that although good results are expected, the possibility and nature of complications cannot be accurately advised; therefore, there can be no guarantee, expressed or implied, either to the success or other result of the treatment. I am aware

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that this treatment is not permanent and natural degradation will occur over time.

I agree that I have read (or that it has been read to me) and understand this consent form, and that I understand the information contained in it. I have had the opportunity to ask any questions about the treatment, including risks and alternatives, and I acknowledge that all my questions about the procedure have been answered to my satisfaction.

Signature: \_\_\_\_\_

## Home Care Instructions:

- Wash your face thoroughly a few hours after the treatment. Gently massage your face with tepid water so as to remove all serum and other debris, such as dried blood. After this first wash, you can use a non-soap gentle cleanser in AM and PM.
- For the first 1-3 days, your skin will be very dry and may feel tight. Frequent use of Hyaluronic Acid Boosting Serum or Growth Factor Serum will help alleviate this condition.
- After 2-3 days, or as soon as it is comfortable for you to do so, return to using retinol.
- No alcohol based toners for 10-14 days.
- No direct sun exposure for 3-5 days. Use a physical SPF, like EltaMD UV Elements or Replenish. Do not use a chemical sunscreen for 3-5 days after the procedure
- Hydrate: drink plenty of water to keep up.
- Hold off on make-up for at least 12 hours after the procedure. Do not apply any make-up with a make-up brush or other applicators that might not be sterile.

*Day 1:* Red appearance of the skin, may be blotchy or spotty.

*Day 2:* Will be similar to a moderate sunburn, may be swollen.

*Day 3:* Will return to normal over the course of the day.

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