

NORTH METRO DERMATOLOGY

CONSENT AND INSTRUCTIONS FOR MICRODERMABRASION, CHEMICAL PEEL AND/OR EXTRACTIONS

Proposed Treatment

Microdermabrasion, chemical peel solution, and/or manual manipulation may be used with an exfoliating scrub or instruments to remove excess cellular debris, thereby smoothing and brightening skin for a clearer complexion.

Anticipated Benefits and Limitations

As with all cosmetic procedures, the goal with exfoliating treatments is improvement, not perfection, and the number of treatments necessary is dependent on several factors including, but not limited to: procedure type, condition being treated, condition of skin being treated, area being treated, and skin color. Results may be subtle or dramatic based on depth of exfoliation and skin response. Separate charges apply for all subsequent treatments.

Possible Contraindications

- Pregnancy and nursing
- Active cold sores
- Skin infection
- Recent injury or sore near desired treatment area

Risks

Possible side effects include: redness, swelling, itching, dryness, peeling, scabbing, discoloration, bruising, rash, tenderness or pain during and/or after procedure. The theoretical risk of unknown complications also exists, as well as lack of achieving anticipated benefits. It is important to tell your provider about all past and present medical conditions as certain conditions or medications may contraindicate treatment or increase treatment risks.

Pre-Treatment Instructions

- Discontinue retinoids, benzoyl peroxide, alpha and beta hydroxy acids, depilatory creams, and other potential irritating ingredients three days before treatment.
- Avoid laser and light-based treatments, electrolysis, waxing, laser hair reduction, neuromodulator treatment, filler and other injections in treatment area.
- If instructed, follow specific skin prepping guidelines for indicated time frame to minimize risk of developing post-inflammatory hyperpigmentation.
- If instructed, take prescribed medication(s) to help prevent cold sores and/or infection.

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Post-Treatment Instructions

- Avoid use of retinoids, benzoyl peroxide, alpha and beta hydroxy acids, depilatory creams, and other potential irritating ingredients for at least three days or until treated area is well healed.
- Use cool water with a gentle cleanser (Skin Wise Organics Gentle Cream Cleanser) to wash treated area for at least three days or until treated area is healed.
- It is important for the treated area to remain soft and pliable while healing with gentle moisturizing formulas (Skin Wise Organics Hydrating Facial Lotion, Skin Wise Organics Revitalizing Facial Cream, NMD Age-Defy Replenishing Balm, NMD Age-Defying HA Serum). Deeper exfoliation may require an occlusive product (Skin Wise Organics Soothing Barrier Ointment).
- Avoid direct sun exposure for at least one week or until treated area is well healed. Always use a SPF 30+ sunscreen containing 5%+ zinc oxide (ElaMD or NMD Sunscreen preferred).
- 1% hydrocortisone cream (available at drugstores) may be used temporarily to relieve itching.
- Skin Wise Organics Soothing Barrier Ointment may be used to provide comfort and promote healing.
- Cool compresses can be used to provide comfort and reduce swelling.
- Do not pick or scrub the treated area.
- Avoid strenuous activity and exercise until treated area is well healed.
- Avoid swimming, saunas, and steaming for at least three days or until treated area is well healed.

By signing below, I acknowledge that I have read this form and agree to the treatment with its associated risks. I hereby give consent to perform this and all subsequent treatments. I hereby release North Metro Dermatology from all liabilities associated with this procedure.

Patient Name (print): _____ Date: _____

Patient Signature:

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