

NORTH METRO DERMATOLOGY

CONSENT AND INSTRUCTIONS FOR SKIN PEN

Proposed Treatment

SkinPen® is an automated, non-surgical microneedling device used to improve the appearance of fine lines, wrinkles, pores, pigmentation, and scars on the face and/or body.

Anticipated Benefits and Limitations

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

Possible Contraindications

- Pregnancy and nursing
- Active cold sores
- Allergies to stainless steel
- Keloids
- Isotretinoin (within six months)
- Skin infection
- Recent injury or sore near desired treatment area
- Wound healing-deficiencies (e.g. diabetes, scleroderma)
- Eczema, psoriasis, and other chronic conditions
- Immunosuppressive therapy

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 three days before treatment.
- 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 seven 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 seven days or until treated area is well healed.
- It is important for the treated area to remain soft and pliable while healing with gentle moisturizing formulas. Skin Wise Organics Soothing Barrier Ointment is recommended.
- 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 for two days or until treated area is well healed.
- Avoid swimming, saunas, and steaming for at least seven days or until skin 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 SkinPen® treatments. I hereby release North Metro Dermatology from all liabilities associated with this procedure.

Patient Name (print): _____ Date: _____

Patient Signature:

400 Village Center Drive, Suite 200 ~ North Oaks, MN 55127 ~ 651-789-9800