

NORTH METRO DERMATOLOGY

CONSENT AND INSTRUCTIONS FOR HYDRA FACIAL®, MICRODERMABRASION, CHEMICAL PEEL, DERMAPLANING AND/OR EXTRACTIONS

Proposed Treatment

Using Hydra Facial® exfoliating tips and solutions, microdermabrasion wands, chemical peel solutions, dermablades, and/or manual manipulation with various instruments to remove excess cellular debris, acne, and/or hair to smooth and brighten 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, location 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
- Accutane/isotretinoin in past 6 months
- Recent injury or sore near desired treatment area

Risks

Possible side effects include redness, swelling, itching, stinging, dryness, peeling, scabbing, infection, 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 cosmetic and dermatological treatments in treatment areas two weeks 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.

Post-Treatment Instructions

- Avoid retinoids, benzoyl peroxide, alpha and beta hydroxy acids, depilatory creams, and other potential irritating ingredients for at least three days or until treated areas are healed.
- Use cool water with a gentle cleanser to cleanse treated areas until healed.
- Use gentle moisturizers to keep treated areas hydrated while healing. Deeper exfoliation may require an ointment (Skin Wise Organics Soothing Barrier Ointment preferred).
- Avoid direct sun exposure for at least one week or until treated areas are healed. Always use a SPF 30+ sunscreen containing 5%+ zinc oxide (EltaMD or NMD Sunscreen* preferred).
- 1% hydrocortisone cream (available at drugstores) can be used temporarily to relieve itching.
- Cool compresses can be used to reduce stinging and swelling.
- Do not pick or scrub the treated area.
- Avoid strenuous activity and exercise until treated areas are healed.
- Avoid swimming, saunas, and steaming for at least three days or until treated areas are healed.
- Avoid cosmetic and dermatological treatments until healed.

* This product is classified as an eligible expense by most HSA, HRA, and FSA plans. Check with your plan's administrator to confirm qualifying expenses, as well as any supporting documents that may be needed to substantiate your claim.

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:

Please contact our office if you have any questions or concerns.

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