

# NORTH METRO DERMATOLOGY

## CONSENT AND INSTRUCTIONS FOR SKINPEN®

### 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, health of skin, treatment area, skin color, and age. 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

- If instructed, discontinue topical retinoids and acne products three days before treatment.
- Avoid sunless tanning products for two weeks before treatment.
- Avoid cosmetic and dermatological treatments in treatment areas for 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**

- If instructed, avoid topical retinoids and acne products for three days.
- Use cool water with a gentle cleanser (Skin Wise Clinical Gentle Renewing Cleanser preferred) to cleanse treated areas until healed.
- Use an ointment to keep treated areas hydrated while healed (EltAMD® Moisture Seal preferred).
- 1% hydrocortisone cream or ointment (available at drugstores) can be applied to reduce itching.
- 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 Skin Wise Clinical sunscreens\* preferred).
- Cool compresses can be used to reduce stinging and swelling.
- Facial swelling can be minimized by sleeping upright.
- Do not pick or scrub the treated area.
- Avoid strenuous activity and exercise until 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 SkinPen® treatments. I hereby release North Metro Dermatology from all liabilities associated with this procedure.

Patient Name (print): \_\_\_\_\_ Date: \_\_\_\_\_

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



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