



Executive Skin & Laser

MEDICAL SPA

Executive Skin and Laser
8564 E County Road 466 Suite 207
The Villages, FL 32162
office phone: (352) 251-2002
after-hours: (727) 460-0500
email: office@executiveskin.com
web: executiveskinandlaser.com

Consent Form to Plasma Pen Treatments

Your Plasma Pen Consultation Record

Plasma Pen is a procedure that can only be performed by a specifically trained and qualified specialist technician using approved equipment to shrink the skin using a sterile disposable probe. Your specialist technician is trained, qualified by Plasma Pen, has certification and is fully insured.

Before carrying out the treatment you are, as a patient, required to complete and sign all relevant areas of this consultation record thus giving your absolute consent to treatment. Additionally, you will need to disclose your full medical history as that will determine whether you are a suitable candidate for the proposed treatment. If the specialist does not think you are suitable for the treatment, then your treatment cannot and will not be carried out.

Your specialist will discuss your procedure with you in full, including what it will involve and the likely benefits. Realistic expectations will be agreed, and they will explain any risks, the healing process and will then advise you upon any further treatment you may require if/where necessary. You will then be provided with written aftercare information for you to keep and refer to during the subsequent healing process and it is essential you follow these instructions. Any contra-indications will be recorded on this consultation form and will be used as a reference for any future visits.

It is important that you clearly mark any areas of this form that you wish to have clarified or discussed further. It is ultimately YOUR responsibility to ensure that you understand, in full, the Plasma Pen procedure and the expected outcomes BEFORE your treatment commences.

PLEASE READ ALL OF THE FOLLOWING CAREFULLY AND SIGN, WHERE INDICATED, when you are happy to proceed. You must ensure that all the points below have been discussed with your specialist technician. You are signing to state you understand and accept the terms of your treatment.

Terms Of Your Treatment:

You have chosen an elective cosmetic procedure that is not medically necessary

“Fibroblasting” with Plasma Pen is an artistic process - not an exact science - and it cannot guarantee an exact shrinkage result due to individual skin elasticity, the individual healing process and a range of other factors

Some results can be cumulative for optimal effects to be achieved and you may be required to return for additional treatments before your overall procedure is deemed complete. The payment for any additional work, if applicable, will be agreed with you prior to your treatment commencing

Depending upon the area of your treatment, additional treatments cannot usually be performed until 12 weeks after the date of your initial treatment. This is in order to allow the area treated initially to fully heal and for the full benefit of Plasma Pen to be apparent.

Your specialist will use a treatment plan to record the areas that you have chosen, the anesthetic used, the probe used as well as pre and post treatment photographs. This information will be held in your consultation record.

The skin type of every client is different, and the healing process may in rare cases lead to some discoloration of the skin. Microdermabrasion, skin rejuvenation or other relevant treatment may thus be advised after the healing process is complete should this be the case.

After each treatment some mild swelling or redness may occur which is completely normal. In some rare cases there may be extreme swelling. Your specialist will give you appropriate advice and aftercare technique to help reduce this.

During your treatment you may experience some minor discomfort depending on the area being treated. Your specialist will reassure you throughout to make you feel comfortable.

Since the treatment includes controlled micro traumas to the skin, you may experience the smell of plasma reacting with the skin surface during your treatment. This is perfectly normal.

You must adhere to the specialist's aftercare advice given to you following your treatment. This is very important as it will reduce the risk of post-procedural infection upon leaving the clinic. You must let the treated area heal properly. Avoid picking, plucking or knocking as this will hinder the healing process and could make the treatment appear uneven thus requiring further work. Your aftercare regime can make a huge difference to your ultimate results.

Please be aware that any subsequent skin altering procedures such as plastic surgery, implants, injectables and weight gain may alter the Plasma Pen results.

Consent Authorization

I authorize Executive Skin and Laser to perform Fibro-blasting with the Plasma Pen on me. I understand that this procedure works on promoting skin tightening, lifting and rejuvenation by creating microtraumas to promote new collagen. I understand that multiple treatments may be needed and in rare cases no improvement may be seen.

I am aware of the possible experience and or risks:

- DISCOMFORT – some will be felt, varies patient to patient and area to area
- MILD TO MODERATE SWELLING – especially around the eyes and in the periorbital area
- STINGING SENSATION - for about an hour after treatment
- TINY CRUSTS - form on the area treated and usually linger for 5-7 days
- DO NOT PICK CRUSTS - This could cause scarring
- AVOID SHAVING - in the area treated until all healing has taken place
- AVOID HEAT FOR 3-4 DAYS (hot showers, exercise, etc.)
- NO SMOKING – this will hinder the healing process
- IF POSSIBLE, TAKE VITAMIN C – it helps to boost your immune system.

- PRE AND POST CARE – I understand that I must comply with recommended pre and post care and following it is crucial for the healing, preventing infection and results of treatment
- NO GUARANTEES – I understand that there are no guarantees and refunds will NOT be given
- Hyperpigmentation – As a possible adverse reaction, I understand there is a risk of post treatment Hyperpigmentation. This would most likely be due to exposure of the area to UV light while the long-term healing process is taking place or the healing reaction of a client's skin. I understand I should use SPF40 sun protection for at least 12 to 20 weeks (from once the skin has healed several days after the initial treatment) as part of my aftercare program.
- Pink Atrophic spots (where the dots/spots were applied by Plasma Device) can last up to 6 months after treatment although this is incredibly rare. It is not completely clear what causes this long-term adverse reaction but, so far, this has ultimately subsided on its own in the long-term. It could be due to the use of make-up, other inappropriate products and/or poor personal aftercare during the short-term healing process. As a possible adverse reaction, I understand this is very rare but there is risk of this occurring after treatment.

I attest that the following points have been made to me:

- The potential benefits of proposed treatments.
- The possible alternate procedures.
- The probability of success
- The most likely complications and risks involved with proposed treatments and healing period.
- Photographic documentation will be taken. I hereby grant Executive Skin and Laser consent to take photographs BEFORE, DURING and AFTER my Plasma Pen procedure. I agree to these being stored with my case file and for technician to use such photographs for the purpose of marketing and advertising unless otherwise indicated.

My questions regarding this procedure have all been answered to my satisfaction. I understand the procedure and accept the risks. I hereby release Executive Skin and Laser from all liabilities associated with the above indicated procedure throughout the treatment process.

No guarantee, warranty, or assurance has been made to me as the results that may be obtained. I am aware that additional treatments may be necessary for desired results. Clinical results vary patient to patient, and I understand that. I agree to adhere to all safety precautions, pre and post care during treatments. I understand all payments are non-refundable.

ACKNOWLEDGEMENT: BY MY SIGNATURE BELOW, I CERTIFY THAT I HAVE READ AND FULLY UNDERSTAND THE CONTENTS OF THE PERMISSION FORM FOR PLASMA PEN TREATMENTS AND THAT THE DISCLOSED HEREIN WERE MADE TO ME

Pre and Post Care for Plasma Pen Treatment

Like most skin rejuvenation treatments, there may be some side-effects but the post-treatment downtime and recovery from Plasma Pen - plus the end result - is frequently shown to be far superior to treatment with other devices. However, we are not in control of what you do when you

leave, and you **must follow these important guidelines carefully** if you wish to enjoy optimal results and protect your investment in Plasma Pen treatment.

Before Your Treatment

- We recommend you avoid sun-tanning, spray-tanning for 4 to 6 weeks before your treatment. Ideally, we recommend using SPF-40 to prep your skin for 2 to 4 weeks before your treatment, especially if you are naturally darker skinned. If you have darker skin tones a Pre-Treatment product using a Tyrosinase Inhibitor may need to be used to help prevent overproduction of pigment in the skin 4 – 6 weeks prior to treatment. Tyrosinase Inhibitors are not just useful for those who suffer from hyperpigmentation but for all skin types.
- Avoid any other type of procedures for 3-4 weeks on the same area which you intend to have treated with Plasma Pen, such as laser therapy, chemical peels, Botox/fillers, as this may prevent your treatment being performed.
- Discontinue any use of topical Retin-A products a minimum of 7 days prior to treatment.
- We recommend you do not wear makeup in the area treated during the 5-7-day healing process because the application and/or removal of makeup could prematurely disrupt the scabs before they are ready to flake off.
- Remove contact lenses and any eyelash extensions prior to treatment.

Pre-Treatment Check List

- We recommend taking a high dose of Vitamin C, 1,000 mg or more along with Magnesium Citrate 500mg, Solaray brand Zinc with Copper for 2 weeks before treatment and 12 weeks over the course of the healing process as this will help give your immune system a big boost. In turn this helps you to repair and helps avoid hyperpigmentation. Emergen-C is a great option.
- Set up an area in your bathroom that is clean to apply products to your skin that were provided. Have some Q-tips available if the eye area is treated to clean the eyelashes without getting the area treated wet.
- You may want to use eyedrops if the eyes feel dry prior to treat and after treatment. Make sure to use fresh bottle eye drops or use the single portion sterile drops.

Immediately Following Your Treatment:

- **The day of treatment before bedtime, use the sterile saline wipe in your aftercare kit to gently blot the area. Then apply a small amount of Silver Gel.**
- **We recommend applying a small amount of Silver Gel in AM and Plasma Pen Advanced Healing Serum in the PM to soothe inflamed skin while the scabs are on the skin.**
- **Continue using Silver Gel & Plasma Pen Healing Serum 2-3 x per day until the scabs fall off.**
- **Only use the products provided in your aftercare kit during the 2 weeks post treatment.**
- **Do NOT wash or get water over the treated areas until the scabs are off. Use the facial sponge with face wash to clean areas of the face or neck not treated UNTIL the scabs come off. If the area becomes wet while showering, gently blot dry.**
- **We recommend NOT exercising after a treatment because any heat, steam or sweat could add to the inflammation already present. Ideally you want to avoid excessive sweating for 5-7 days during the healing process.**
- Stay away from heat & steam for the next 2 weeks while the skin may be pink and overly sensitive.
- There may be some mild to moderate swelling to the area(s) treated, especially around the eyes and within the periorbital region then moderate to excessive swelling is expected and common.
- **Swelling and inflammation for 2 to 5 days post-treatment is normal.** If swelling lasts beyond the 5 days, contact your treatment provider.
- **Do NOT take any anti-inflammatory medicine, allergy medicine, Advil or ibuprofen for 2 weeks after your treatment. Tylenol is acceptable if needed.**
- **Use ONLY fragrance-free detergent and fabric softener on bedding post treatment. NO dryer sheets** of any kind. Please change your pillowcase every day or every other day for 1-week post treatment. It is important to keep chemicals away from the area treated while keeping the skin as clean as possible.
- **We recommend that you do NOT apply cold packs or ice packs** during the swelling period. Icing will diminish the outcome and inhibit the inflammation process that we want to happen naturally. Applying cold or ice packs on the skin could interfere with the mechanism of action performed by the device and the skin's natural heat and healing process to achieve the desired result. Swelling is a minor inconvenience to achieve the desired outcome.
- You may experience a stinging sensation as well as heat in the treated area(s) immediately after treatment and up to 48 hours after treatment. This is normal and is simply the heat exiting the skin. It generally only lasts for about an hour or so.
- **After treating areas of the face, we recommend you sleep on your back with your head elevated to minimize swelling. If you have received treatment to your eye area, then it is important you sleep slightly elevated for up to 7 days as this can greatly reduce swelling.**
- It is highly unlikely you will ever get an infection from a Plasma Pen treatment as the wound we cause is not open. However, the first 12 hours post-treatment is of vital importance in protecting you from any kind of potential infection, so please avoid any activities where you

could expose yourself to contaminants, meaning going to the gym, public places where you can pick up germs by touching things then touching your skin.

In the Following Days After Your Treatment:

- It is normal for the area that has been treated to feel tight, itchy, and dry. **Occasional weeping will settle, tiny crusts will quickly form and become darker in color on the treated area.** These may be visible for up to about a week. The crusts/scabs will become darker before they fall off.
- **Do NOT pick crusts off as this will delay the healing process and could cause scarring.**
- If washing your hair after treating areas on the face, we advise you do NOT allow direct water from shower to wet the area treated for the first 7 days. This could increase swelling. Try to avoid shower gels or hair products running onto your face as this could cause irritation. If water does get on the area treated, blot very gently with a clean cloth or towel.
- **ONLY use the products you are sent home with for the next 2 weeks.** Do NOT rub or abrade the area(s) or use exfoliating products. This could result in scarring and/or pigmentation.
- Shaving in the area treated should be avoided until it is fully healed.
- If you have had treatment around your eyes, you should avoid wearing contact lenses for 72 hours after your treatment.

After the scabs have fallen off:

1. **Once most of the scabs have all fallen off, use the sterile saline wipes gently over the area treated to clean the skin.**
2. **Wash treated area with face wash, then apply Plasma Pen Advanced Healing Serum.**
3. **When exposed to indirect sunlight while indoors, apply BION Titanium Dioxide SPF 35.**
4. **When going outside, you absolutely MUST apply SPF 50.** By that – 5 minutes or more of sun exposure, as well as overcast days. **While your skin is in the healing stages (pink in color) continue with SPF 50 for the next 12 weeks** (and ideally longer)
5. **For the next 12 weeks, continue using Advanced Healing Serum after cleansing the skin both AM & PM.**

Note: At your 12-week follow-up, we will evaluate the treated area and advise what new products to apply.

Tips for the weeks following treatment:

You absolutely must NOT use saunas or sun exposure during your 12-week healing period.

Avoid the midday sun. All other facial treatments on the same area should be avoided for 12 weeks.

- Use of topical Retin A products should be avoided for 4 weeks.

- When the scabs have fallen off your skin may be a pink as well as little dots on the skin as fresh, new, and rejuvenated baby skin. **The pink skin and dented areas will fade over time, up to 3 months or longer.** In rare cases depending on age and health conditions it may take longer. Cigarette smoking will delay healing.
- Anti-aging treatments to maintain your fresh new skin should be done at least every 3-4 months. Peels, Microdermabrasion, RF Microneedling, Collagen Facials, Sublative and HIFU are recommended. These treatments will be discounted for Plasma Pen patients.

Other Important Aftercare Recommendations:

- Avoid smoking and alcohol 24 hours post treatment. This will dehydrate the skin. Drink more water than normal.
- Taking Vitamin C supplements over the course of your healing process can give your immune system a big boost and help your skin to repair itself.
- Any additional treatments that may be required may be performed once the skin is completely healed. This usually takes about 12 weeks.
- Plasma Pen treatment is the gift that keeps giving. In addition to the immediate rejuvenation, and lifting and tightening affects you can experience, it may require 6-9 months for the full effects of your treatment to be seen.

Acknowledgment

I have read and understood the information provided in this consent form. I have had the opportunity to ask questions and have received satisfactory answers. I understand the risks and benefits of the procedure and agree to proceed.

Signature: _____ Date _____

Print name: _____