

Name: _____

Fractional Laser Skin Resurfacing Treatment Consent & Instructions

Please read carefully and sign where indicated

1. Fractional laser treatment is indicated for the following conditions (circle)

- Stretch marks, wrinkles, acne scars, surgical scars, dermal melasma, large pores

2. **Exclusionary Criteria:**

No fractional treatment can be received if you meet any of the following criteria:

- If receiving treatment that compromises healing response
- History of light-induced seizures
- Skin cancer, or undergoing treatment for skin cancer in area to be lasered
- Active infection and immunosuppression
- Open skin lesions. Acne-affected skin is acceptable
- Cannot be pregnant or breastfeeding during treatment
- History of keloid formation
- Accutane or Isotretinoin in past 6-12 months
- Conditions or medications that alter ability of blood to coagulate
- Anti-coagulants and blood-thinners must be discontinued 2 weeks prior and during treatment with physician approval
- If taking prednisone or dexamethasone or systemic steroids
- **None of the above exclusionary criteria apply to me:** _____ (sign)

3. **Cautionary Criteria:**

- Discontinue use of Retina (tretinoin, Vit A), exfoliating creams 2 weeks prior and during the entire treatment course.
- Discontinue indoor & outdoor tanning 4 weeks prior to and during the treatment course & 4-6 weeks after treatment
- Herpes Virus: Prophylaxis treatment may be needed. Some may experience activation within 5-10 days after the procedure, even with appropriate prophylaxis. Ask your primary care physician for prescription for Valtrex.
- History of heat urticaria: you may develop hives with exposure to laser pulses
- History of diabetes: get clearance from primary care physician before laser treatment
- Botox: wait two weeks between laser and botox treatments
- List any medical or skin condition you have: vitiligo / eczema / psoriasis/ allergic dermatitis /autoimmune disease/any diseases affecting collagen including scleroderma or Ehlers-Danlos syndrome/sjogrens.
- List other skin conditions _____
- List any allergies to latex or other medications: _____
- List all meds currently taking: _____

I will follow the cautionary criteria listed above: _____ (sign)

Fractional Laser Skin Resurfacing

Post-Treatment Guidelines:

-Application of cool gel packs and appropriate topical cream immediately following treatment can help alleviate post treatment itchiness and stinging that may occur. Ask for a prescription of 2.5% hydrocortisone cream to be applied twice daily for 4 days post treatment to area treated.

-Swelling, and sometimes blanching, is expected immediately post treatment and generally resolves within 24-48 hours. It may last up to 3-5 days in some patients.

-Those being treated may experience significant redness, broken capillaries and bronzing in the treatment area for approximately 1-3 days after treatment. This may persist in a mild form for several weeks, particularly in areas other than the face.

-Following a more aggressive treatment, it may be helpful to use some occlusive ointment on the skin after treatment during the healing process to help minimize skin water loss which may result in some sloughing or peeling.

- To help remove debris and bronzing of skin that can appear 1 to 4 days after treatment, soak treated areas for 5-15 minutes with gauze or wash cloth wet with water, then gently remove debris. Do not pick at or scrub the treated areas.

Gentle cleansing and use of non-irritating cosmetics are permitted after treatment. It is suggested that retinoids be discontinued 1-2 weeks prior to the initial treatment and throughout the course of treatment. The use of retinoids during the treatment course may result in undesirable side effects and prolonged healing.

Those prone to acne outbreaks should avoid heavy makeup or moisturizers for 24 hours post treatment.

As healing occurs, patients should avoid injury and sun exposure for at least two weeks following treatments. It is highly recommended that clients use a sunscreen with SPF 45 or higher containing UVA/UVB protection between treatments, along with a sun blocker such as zinc oxide or titanium dioxide. We carry a mineral-powder based sunblock with 17% titanium dioxide for ease of frequent application in case of prolonged sun exposure. Ask for our Jane Iredale dry SPF.

Those being treated should continue to use SPF 45 or higher up to 6 months following final treatment whenever they are outside.

Once the treatment area has healed, some itching or dryness may occur. This will gradually clear. The use of non-irritating moisturizers may provide some relief.

Please schedule your next treatments 4 weeks apart.

Please contact our office should there be any issues or concerns following the treatment by texting, calling, or emailing us.