

SKIN

CLEAR AND BRILLIANT CONSENT

Patient Name _____

Date _____

Do not sign this form without reading and understanding its contents.

The nature of the Clear + Brilliant procedure has been explained to me. Clear + Brilliant is a Class III laser for mild to moderate treatment of pigment, sun damage, brown spots and skin texture. I understand that just as there may be benefits from the procedure, all procedures involve risk to some degree.

I understand that the following are among the **expected side effects** of the Clear + Brilliant procedure:

Discomfort — Most people will feel some heat-related discomfort (pain) associated with the treatment. This discomfort is usually temporary during the procedure and localized within the treatment area. A small number of patients have reported tenderness in the treatment area lasting up to several weeks.

Redness and Swelling — Laser treatment will cause varying degrees of redness and swelling in the treatment area. These common side effects last from several days to a couple of weeks, depending upon the aggressiveness of the treatments.

Itching — This can occur as part of the normal wound healing process or may occur as part of infection, poor wound healing or contact dermatitis.

Acne or Milia Formation — A flare-up of acne or formation of milia (tiny white bumps or small cysts on the skin) may occur. These symptoms usually resolve completely.

Herpes Simplex Reactivation — Herpes Simplex Virus (cold sore) eruption may result in rare cases in a treated area that has previously been infected with the virus.

I understand that the following are among the **possible risks or complications, temporary or permanent**, associated with the Clear + Brilliant procedure:

Bleeding; Oozing; Crusting — Aggressive treatment may cause pin point bleeding, petechiae (small red dots under the skin surface), and/or oozing. Crusting or scabbing may form if the clear fluid or blood dries.

Blisters; Burns; Scabbing — Heating in the upper layers of the skin may cause blisters or burns and subsequent scab formation. Steam from the heating may produce a separation between the upper and middle layers of the skin resulting in blister formation. The blisters usually disappear within 2-4 days. A scab may be present after a blister forms, but typically will disappear during the natural wound healing process of the skin.

Scarring — Scarring is a possibility due to the disruption to the skin's surface and/or abnormal healing. Scars, which can be permanent, may be raised or depressed, and scarring could lead to loss of pigment ("hypopigmentation") in the scarred area.

Pigment Changes — During the healing phase, the treated area may appear to be darker. This is called PIH, post inflammatory hyperpigmentation. You may have experienced this type of reaction before and noticed it with minor cuts or abrasions. PIH occurs as a part of the normal skin reaction to injury. The skin

_____ Initial that you have read and understand this page

functions become hyperactive during the healing process, including cells that produce pigment. PIH occurs more frequently with darker colored skin, after sun exposure to the treatment area, or with patients who already have a tan. To reduce the risk of PIH, the treated area must be protected from exposure to the sun (sunscreen for 6 months after treatment); however, in some patients, increased skin coloring may occur even if the area has been protected from the sun. This pigmentation usually fades in 3 to 6 months.

Hypopigmentation — In some patients who experience pigment changes, the treated area loses pigmentation (hypopigmentation) and becomes a lighter color than the surrounding skin. This type of reaction may also be permanent.

Infection — If blisters or bleeding are present, an infection of the wound is possible. Scarring and associated pigment changes may result from an infection.

Delayed healing --- It may take longer than anticipated for healing to occur after laser treatments. Skin healing may result in thin, easily injured skin. This is different from the normal redness in skin after treatment.

Eye Injury — Eye injuries may result from numbing cream getting into the eyes. Your eyes will be covered with protective goggles during treatment and should remain closed during the treatment. The laser could cause direct eye injury in the absence of these precautions.

Anesthesia -- Both local and oral anesthesia involve risk. There is the possibility of complications, injury, and even death from all forms of anesthesia and sedation.

Efficacy — Because all individuals are different, it is not possible to completely predict who will benefit from the procedure. Some patients will have very noticeable improvement, while others may have little or no improvement. A series of treatments is usually needed for maximum results.

Patient failure to follow through --- Patient follow through following a laser skin treatment procedure is important. Post operative instructions concerning appropriate restriction of activity, use of dressings and skin care, and use of sun protection need to be followed in order to avoid potential complications, increased pain, and unsatisfactory results.

CONTRAINDICATIONS — Clear & Brilliant cannot be performed on patients who are currently undergoing or have had Accutane treatment within the past 12 months, have a predisposition to keloid formation or excessive scarring or have suspicious lesions. No use of tetracycline, minocycline, doxycycline, or erythromycin in last month. Notify your physician of any history of vitiligo, scleroderma, collagen disorders, radiation treatment, skin cancer, psoriasis, keloid formation, pregnancy, breastfeeding.

I am aware that other unexpected risks or complications may occur and that no guarantees or promises have been made to me concerning the results of the procedure. It has also been explained that during the course of the proposed procedure, unforeseen conditions may be revealed requiring performance of additional procedures. My questions regarding this treatment, its alternatives, its complications and risks have been answered by my doctor and/or his or her staff.

DO NOT SIGN THIS FORM UNLESS YOU HAVE READ IT AND BELIEVE THAT YOU UNDERSTAND IT. ASK ANY QUESTIONS YOU MIGHT HAVE BEFORE SIGNING THIS FORM. DO NOT SIGN THIS FORM IF YOU HAVE TAKEN MEDICATIONS WHICH MAY IMPAIR YOUR MENTAL ABILITIES OR IF YOU FEEL RUSHED OR UNDER PRESSURE.

_____Initial that you have read and understand this page

I give permission for any pictures or videotape taken of me may be used for either teaching or publication, if considered appropriate _____(YES); _____(NO).

I give permission for my pictures to appear in Skin's photo album for other potential patients to view _____(YES); _____(NO).

I have read this form and understand it, and I request the performance of the procedure. I acknowledge that no guarantee has been given by anyone as to the results that may be obtained. For the purposes of advancing medical education, I consent to the admittance of assistants and/or observers in the procedure room unless otherwise notified.

I understand all risks, temporary or permanent. I am aware of all signs of side effects and complications as listed above (abnormal redness, swelling, blisters, burns, ulcers, pain, and signs of infection) and will call the office and Dr. immediately with any question, concern or signs of problems.

_____ Date _____
Patient Signature

I have informed the patient of the available alternatives to treatment and of the potential risks and complications that may occur as a result of this treatment, and that the patient should call the office and Dr. immediately with any questions, concerns, or signs of problems (as mentioned above).

_____ Date _____
Practitioner

_____ Date _____
Physician Signature

Skin

Clear + Brilliant Pre-Op Information

What is Clear + Brilliant?

Clear and Brilliant is a unique treatment that uses safe fractional laser technology to address early signs of aging skin and help to prevent them.

How does Clear + Brilliant work?

Clear + Brilliant is a gentle laser that refreshes your skin from the inside out. The laser energy creates millions of microscopic treatment zones in your skin, replacing damaged skin with healthy, younger looking tissue.

What kind of results can I expect?

- Visibly illuminated skin tone
- Renewed, ultra-soft and smoother texture
- Naturally radiant and glowing skin
- Improved tone, texture and radiance
- Reduction in the appearance of pores

How do I know Clear + Brilliant is right for me at my age?

No matter how old you are, sun exposure, environmental conditions and lifestyle can contribute to lack-luster skin. Whether you want to extend the younger look of your skin or even need to reverse these early signs of aging, Clear + Brilliant can help.

I have had corrective laser treatments, is Clear + Brilliant right for me too?

Yes, absolutely, Clear + Brilliant is a great way to maintain the investment you have made in your skin, extending and improving upon the results you've already seen.

How many treatments will I need?

The number of treatments is tailored to your concerns and skin care desires. In recent studies, consumers reported visible improvements after 4-6 treatments. However, patients will likely see better looking skin after only one treatment. We will discuss a personalized treatment regimen with you.

Is Clear + Brilliant safe for my skin?

Clear + Brilliant is very safe when used by a trained expert who will evaluate your skin and recommend the best course of treatments for your unique concerns. Risks, side effects and complications will be discussed in consult and on consent form.

When do results appear and how long do they last?

The results of the treatment are both immediate and progressive. A few days after the treatment your skin will start to feel softer, look brighter and show more even skin tone. Results can last for months depending on your age, skin condition and how you protect your skin. Results are also cumulative and long lasting after multiple treatments.

What will you look like immediately after the procedure? Can you go right back to work?

Clear + Brilliant treatments are very gentle and are specifically designed to minimize the side effects of typical laser treatments. You may experience some redness and subtle inflammation right after the treatment. This generally resolves within a few hours, but may last until the following day. You will be able to wear makeup the next day.

Does what the treatment feel like?

Most patients describe a sensation of heat during the treatment. We will apply a topical numbing cream before the procedure, which helps minimize the discomfort during treatment. We also ice the skin after, helping to minimize redness and inflammation.

Extra Information:

Cold Sores. If you have a history of cold sores, you will need to take Valtrex as prescribed by Dr. .

Resume your normal skin care regimen when your skin has fully healed and instructed to do so by Dr. and your nurse.

You may shower later that day or the next day and wash hair, but avoid excessively hot water. It would be best to take a bath so you do not let too much water pressure touch your face for the first day or two. Advil (ibuprofen) 600mg three times per day or Aleve 500 mg two times per day may be taken as an anti-inflammatory to help decrease discomfort and swelling. Icing the skin immediately after will also help minimize the sensation of heat.

Skin's Clear+Brilliant Laser Post-Care Instructions

What to Expect After Treatment

Clear and Brilliant Laser Treatment produces very mild after effects: The intensity and duration of your after effects depends on your individual healing characteristics. Notify Dr. or your skincare professional immediately if the severity of your after effects becomes a problem for you or you have any concerns or questions, however, this is very unlikely to occur.

What you may feel and look like after the C+B treatment:

Immediately after the treatment, you will experience some redness and swelling. Most of this will be gone 4-6 hours after the treatment, but you may still notice mild pinkness to the skin the next day which can be covered with makeup. To minimize swelling do the following:

- Apply cold compresses (crushed ice or frozen peas in a ziplock bag or ice soaked cloths) to the treatment area for 10-20 minutes of every hour on the day of treatment, until you go to bed. The ice/pea ziplock bags may be put in a pillow case and then on the skin if it is too cold directly on the skin. The Therapearl Facemask may also be used if purchased.
- Heat sensation can be intense for the following 2 – 3 hours after the procedure, but will subside within hours.
- You may also notice that your skin appears bronzed or little dark dots will appear on the treated area. Your skin may feel dry, peel, or flake. You may notice a “sandpaper” texture a few days after treatment. This is the treated tissue working its way out of your body as new fresh skin is regenerated.
- You can apply makeup once the bulk of the redness resolves, usually later the day of treatment.

How to Care for Your Skin After the C+B Treatment:

Congratulations! You have taken the first step toward more healthy and radiant looking skin by having a Clear + Brilliant laser treatment. Now it is important to help your skin heal quickly and protect your skin investment. Your after treatment skin care regimen is tailored to the treatment you received today. Follow the instructions as checked below:

- **Immediately After Treatment.** You will leave the office with the Avene Post-Procedure Recovery Kit, approved sunblock and the Therapearl Facemask (if given). Start with using the Thermal Spring Water Gel and cool with the Water Spray multiple times per day. You should also ICE your skin as much as possible. Also in the kit is the Cicalfate for anti-redness and moisturizing. Use this in addition to the gel, multiple times per day.
- Scrubs, Toners, Glycolic Acid, and Retin A. Your skin will be sensitive for the first few days after treatment. Do not use products that will cause irritation during this time. Do not use abrasive scrubs, toners, or products that contain glycolic acids or Retin A. Skin will instruct you on when to begin using your other products.
- **Normal Skin Care Regimen.** Once the sloughing is complete, you may resume your routine SkinMedica skin care and make-up products as designed by Dr. and your skincare professional.
- **Sunblock.** It is very important that you use the SkinMedica or Elta MD sunblock multiple times during the day to prevent sun damage to the skin. You should avoid direct sun exposure for 2 weeks (and as instructed by Dr. or your skincare professional) after the treatment. Apply sunscreen 20 minutes before going outside. Reapply sunscreen every hour. If short, direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Your practice of diligent sunblock use may lower the risk of laser-

induced hyperpigmentation (darker color) and will ensure you receive and maintain the best results from each procedure.

- **Moisturizer.** Remember that peeling and/or flaking is normal during the healing process. Therefore, you should use the Avene Cicalfate for moisture and redness.
- **Bleaching Creams.** Discontinue use of your Epiquin Micro skin lightening cream while your skin is tender. Restart your Epiquin Micro and other SkinMedica products when instructed to do so by Dr. and your skincare professional.
- **Cold Sores.** If you have a history of cold sores, you will need to take Valtrex as prescribed by Dr. .
- **Abnormal Healing.** If you notice any blisters, cuts, bruises, crusting/scabs, areas of raw skin, ulcerations, active bleeding, increased discomfort or pain, pigment changes (lighter or darker than usual complexion), or any other problems, please contact us as soon as possible. Note: all of these are very rare, so don't worry...we do not expect them to happen. If they do, we can treat them.
- **Questions/Concerns.** Post-treatment healing varies from patient to patient. If you have any questions or concerns, please contact Skin immediately at or Dr. on his cell phone at
- **Extras:** You may shower later that day or the next day and wash hair, but avoid excessively hot water. It would be best to take a bath so you do not let too much water pressure touch your face for the first day or two. Advil (ibuprofen) 600mg three times per day or Aleve 500 mg two times per day may be taken as an anti-inflammatory to help decrease discomfort and swelling.

I understand the above instructions. I understand the risks and signs of side effects and complications such as severe redness, swelling, blistering, burns, ulcers, pain, or signs of infection and I will call the office and Dr. immediately if I have any questions or concerns. Initial_____

Skin's Clear + Brilliant Laser Pre-Care Instructions

Contraindications:

- No Accutane use in the past one year.
- Discuss with your physician any history of vitiligo, scleroderma, collagen disorders, radiation treatment, skin cancer, psoriasis, keloid, pregnancy, breastfeeding.

Pre-Care Instructions:

- Notify us if you have a history of developing cold sores (herpes infections), facial sores, or any other type of infection. Also notify us if you have permanent makeup.
- Minimize sun exposure and use daily sunblock containing zinc oxide. Discuss with Dr. how long you must be completely out of the sun and off of self tanner before treatment.
- If prescribed, fill your prescription and begin taking the antiviral (Valtrex or other) the day before the procedure. If you have a long ride home, bring a cooler of ice for afterwards.
- Purchase small bottle of **vinegar** for vinegar soaks. Also purchase small cotton washcloths and wash them in unscented, powder detergent using an extra rinse cycle. Do not use fabric softener or dryer sheets on anything that will come in contact with your face or hands. This includes bed sheets, pillowcases, washcloths, and towels.
- Maintain a healthy diet. Come in for procedure without makeup and in comfortable clothes.
- Stop Retin A two weeks before and bleaching creams 3 days before.

Morning of the procedure:

Eat a solid meal. Cleanse face and do not wear makeup or perfume to treatment. Dress in comfortable clothes with a loose fitting, low cut shirt. If you have long hair, wear it in a ponytail away from your face and neck.

Medication Protocol:

If prescribed, **Valtrex** – 1 per day starting the day before the procedure.

Please contact us if you have any questions or concerns about the pre-care protocol.

Skin Clear & Brilliant Preop

Patient: _____

Date: _____

Allergies/sensitivities/type of reaction: _____

Chronic medical conditions: no yes, list: _____

Known blood borne infection? no yes, describe: _____

Current anticoagulants or medications, herbals that can affect coagulation? no yes, list: _____

Using products with glycolic acid or retinols? no yes, describe: _____

Previous history of cold sores? no yes

Previous face lift? no yes, when: _____

Previous resurfacing? no CO₂ Er:YAG Other _____

When? _____

Previous history of fillers? no yes explain: _____

Previous history of melasma/PIH? no yes, explain: _____

Does patient exhibit evidence of melasma, PIH, sun exposure, self tanner? no yes, explain: _____

Are there telangiectasias, vascular malformations present? no yes, explain: _____

Previous history of keloid formation? no yes

Isotretinoin (or Accutane®) use within last 6 months? no yes

Are any lesions suspicious for cancer? no yes (This is an absolute treatment contraindication)

Circle as appropriate: Fitzpatrick Skin Type I II III IV V VI

Glogau Photoaging I II III IV

Fitzpatrick Wrinkle Score MILD 1 2 3 MODERATE 4 5 6 SEVERE 7 8 9

Treatment Indication: _____

Pre treatment regimens/instructions: check and describe, if instituted.

HSV _____

Bleaching agent _____

Stop Hydroquinone _____ prior to procedure

Stop products containing glycolic acid, retinols, and retinoids _____ prior to procedure.

Procedure explained

Written instructions given to patient.

Rx given: Valtrex Diflucan Clinda Valium Demerol Phenegran Arnica

Other: _____

___ Patient has been shown before and after pictures ___ Patient has a make-up consult scheduled

___ Patient understands all RBAC, and understands what side effects or complications to call about

Provider signature _____ Date _____

DOCTOR SKIN COSMETIC LASER AND AESTHETICS CENTER

Clear and Brilliant Treatment Record

Patient Name _____ Date _____ Treatment # _____

Notes regarding previous treatment (if applicable): _____

Safety precautions taken, warning sign posted, patient and practitioner goggles used YES

Reviewed side effects, complications, possible benefits and patient expectation of treatment, and consent signed: No Yes

Skin prepped; Anesthetics used: No Yes, _____

Anesthetic wiped off completely: No Yes

Treatment started @ _____

Area		TL	No. of Passes	Notes	Tx Time (min)

Bar Code: _____

Erythema			Edema			Other (describe)		
Mild	Moderate	Severe	Mild	Moderate	Severe	Mild	Moderate	Severe

Immediate Post care: Avene Redness Relief Cicalfate Cerumide

Special Instructions: _____

Standard home care instruction given/reviewed: No Yes Patient Satisfied: Yes No

Patient informed of all possible side effects and complications (redness, swelling, blister, burn, sign of infection, other) and patient knows to contact office and Dr. Doctor immediately with questions concerns and given instruction sheet YES

Provider Signature _____ Date _____

Physician Signature _____ Date _____