



SMARTXIDE TETRA™ CO2 COOLPEEL®

LASER SKIN REJUVENATION

AFTERCARE + CONSENT FORM

Procedural Description:

Skin Resurfacing with CO2 lasers has been a longtime gold standard treatment for reversing wrinkles, fine lines, age spots, acne scars, and other blemishes as well as tightening skin and balancing tone. With the SmartXide Tetra CO2, we have more control than with any other CO2 Device on the market today.

For Patients looking to reduce deeper wrinkles or severe texture issues caused by scarring and other signs of aging, we can customize deep to medium-depth traditional CO2 resurfacing laser treatments which are an excellent choice to deliver dramatic results when trying to iron out deeper set concerns. Or we can Utilize the CoolPeel® Settings to target more superficial layers for impressive skin rejuvenation to lighten, brighten and refresh with prejuvenation technology. Addressing early signs of aging and sun damage; uneven skin tone, dullness, pore size, and uneven texture. Great for tackling lingering acne scarring, irregular pigmentation, post-inflammatory pigmentation, or even stretch marks.

CoolPeel® is a brand new way to safely, and comfortably deliver the benefits of traditional CO2 making it more accessible to deliver an-ablative procedure without causing thermal damage to the surrounding tissue. Without thermal damage, downtime is drastically reduced. At the same time, the treatment delivers impressive superficial, skin rejuvenation. Revealing younger and healthier skin and the lack of unnecessary heat opens up this treatment to all skin types, all ages, at any time of the year.

Many advances have been made to improve the side effects and downtime of traditional CO2 but only CoolPeel® can deliver a fractional ablative treatment without the downtime. There is minimal risk of hyperpigmentation, demarcation, or induced infection. The best candidates for CoolPeel are those looking to reduce fine lines, sun damage, mild texture irregularities, or stretch marks in the skin. The benefits of both treatments are impressive. Long-Lasting results can be achieved in a series of 3-4 treatments for CoolPeel® and Traditional CO2 laser resurfacing treatments are still ideal for patients seeking dramatic results in as few treatments as possible.

Before Your Treatment

- Do not use exfoliating products 3 days prior to the treatment such as retinol, salicylic acid, AHAs (Alpha-hydroxy acids), and benzoyl peroxide.
- Avoid prolonged sun exposure or self-tanner 4 weeks prior to and during your treatment regimen, as sun damage is more sensitive to lasers and self-tanner or tanning lotions can and will lead to adverse effects, such as burns in the skin.
- Inform your provider if you have or have had cold sore or herpes simplex outbreaks in the past. The treatment can temporarily flare the virus and your provider will supply a medication to prevent any outbreaks. You will start taking this medication the day before the treatment.
- Inform your provider if you have used Accutane in the past 12 months.

What to Expect During Treatment

- **Day 1:** While there is no need for a topical anesthetic, your provider may use it for additional comfort and to lessen the sensation of the laser as it interacts with the skin. There are known severe allergic reactions to ingredients in topical anesthetics. Patients with known allergies to anesthetics should let their provider know. The sensation, while being treated, may feel like pinpricks, bursts of heat similar to a sunburn. Skin will be pink and flushed after treatment, depending on the intensity of the treatment flushing should only last 4-6 hours. Possibly up to 12-24 hours for more sensitive skin types. You will feel a mild burning sensation immediately post-laser that will last 30-45 mins. Immediately after the treatment, swelling is common and expected. The use of clean compresses or ice packs help alleviate the heat sensation and swelling. To avoid further swelling, you may choose to sleep in an upright position the first night after the treatment. The first morning post-treatment is when swelling is more prevalent, especially under the eyes. Swelling may last 2-4 days depending on the aggressiveness of the treatment. Taking arnica montana, a natural herb can also help reduce and minimize swelling. Do not apply makeup preferably 3-5 days.
- **Day 2:** Dryness may be more noticeable on the second day and is a part of normal healing. Slight swelling may occur. Apply moisturizing botanical healing serums that can have natural antiseptic properties like hyaluronic, SkinCeuticals Phyto-Corrective Gel, Phyto-C O-Live Gel, and post-procedure botanical oils or moisturizers as often and as much as needed. Keep your skin well moisturized to support the healing process. A Post Treatment sheet mask is recommended for 15-20 mins the day after treatment to help with healing.
- **Day 3-5:** The skin can feel dry and have a “sandpapery” texture-like feeling. You will increasingly notice tiny dark pinpoint and bronzed appearance to the treated skin: The CoolPeel® is delivered through a scanning device that creates microscopic columns of wounded tissue which produces scanning patterns visible on the skin called MENDs (microscopic epidermal necrotic debris). This is a part of the healing process where treated tissue is working its way out of your body as new fresh skin is regenerated. During this time, your skin will be very dry and have a sandpaper texture, and will begin to flake and peel. If the face is treated, it could take 5-7 days for the peeling process to be completed. If the neck, chest, or anywhere on the body was treated, this process could take up to 2 weeks. During this time, a slight outbreak of acne or milia is possible. Staying as hydrated as possible usually helps minimize any potential breakouts.
- **Day 5-7:** If not too dry, you can lightly and sparingly incorporate a toner with AHAs/BHAs to help minimize breakouts when the majority of the pinpoint texture has flaked off. After all the peeling is finished, the skin starts feeling smooth and starts to brighten up 7-10 days after the treatment.

Post-Treatment Instructions

- All of your skin care products should be non-irritating and non-clogging for the first week or so after CoolPeel® Skin Resurfacing. Do not use products that will cause irritation during this time.
- Itching may be experienced during the healing phase and is completely normal. Oral Benadryl may help itching but can cause drowsiness. **Do not** scratch the treated area as scarring and pigmentation complications can occur. Also, do not pick, rub or force off any skin during the healing process, this could also result in scarring, pigmentation complications, and infection!
- **Do not** use a scrub, washcloth, or a Clarisonic brush. Cleanse areas treated twice daily. Do not use exfoliating products such as retinol, glycolic acid, salicylic acid, AHAs (Alpha-hydroxy acids), and Benzoyl Peroxide for 7-10 days.
- Keep Skin hydrated and well nourished in the days following the procedure. We recommend applying moisturizing botanical healing serums that can have natural antiseptic properties like hyaluronic serums, SkinCeuticals Phyto-Corrective Gel, Phyto-C O-Live Gel, and post-procedure botanical oils or moisturizers. Keep your skin well moisturized to support the healing process.
- Moisturize. Remember that peeling and/or flaking is normal during the healing process. Therefore, the moisturizer you should use should be non-clogging, or else you could develop breakouts. During the healing period, your normal moisturizer may be too occlusive, so consider products from the brands listed above. Reapply whenever your skin feels dry.
- Medical-grade Vitamin C serums pair very well with the CoolPeel laser in helping to achieve maximum results. Speak with your provider about finding the right vitamin C product for you.

- **SUNSCREEN IS A MUST!** It is very important that you use sunscreen to prevent sun damage to the skin. Sunscreen should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of 40 or more. Apply sunscreen 20 minutes before going outside, and again, immediately before. Reapply sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Practicing diligent sunscreen use may lower the risk of laser-induced hyperpigmentation. Strictly avoid any sun exposure to the treated area for a minimum of 14 days after the procedure. Preferably a month!
- Resume your normal skin care regimen when your skin is fully healed.
- Avoid strenuous exercise and sweating for 1-3 days.
- Avoid saunas, steam rooms, hot baths, or showers until redness is gone as they can be excessively drying to the skin.
- Avoid waxing, facials, peels, lasers, and any other abrasive treatments until two weeks after treatment.
- Typically after the peeling process is complete, makeup can be worn.
- Make sure you are drinking at least 6-8, 8 oz. glasses of water a day as your body needs internal nourishment for new cell regeneration.
- Cold Sores. If you have a history of cold sores, please inform your provider so we can see about Rx care.
- 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, or if you feel you are having an adverse event, please contact Honey Skincare Studio immediately (703) 589-9665.

SmartXide Tetra™ CO2 CoolPeel® Consent Form

The nature of the CO2 CoolPeel® procedure has been explained to me. I understand that just as there may be benefits from the procedure, all procedures involve risk to some degree. Side effects of laser resurfacing can have pain, prolonged redness, broken capillaries, white heads & pimples, hyper and/or hypopigmentation, infection, bleeding, scarring, sensitivity, allergic reactions, damage to eyes and/or surrounding structures, burns, dissatisfaction with results, need for further procedures, & unforeseen side effects may occur. I understand that the following are among the expected side effects of the CoolPeel® procedure:

Discomfort:

Most people will feel some heat-related discomfort (pain) associated with the treatment. This discomfort is usually temporary but may persist for a few days.

Redness and swelling:

Laser treatment will cause varying degrees of redness and swelling in the treatment area. These common side effects (erythema) and redness typically resolves within several hours. Edema (swelling) of the skin may occur and can be minimized by keeping the area elevated & using cool compresses. Typically resolves within a couple of hours to a day; however, both can last for several days.

Blisters:

Mild to moderate blisters developing after the treatment are uncommon but have been reported. If blisterings do develop, care should be taken not to disturb or unroofed, blistering should be evaluated by the treated provider.

Transient acne flare-ups:

Whiteheads & pimples can pop up after the treatment as purging can sometimes happen but can be easily controlled by homecare products, consult with your provider on how to manage purging.

Temporary skin dryness:

Temporary mild skin dryness is common after the treatment. Itching sensations often occur if the skin dries or as the old skin is shed and the new skin is being formed. If skin dryness occurs, it is normally noticed 3-5 days after treatment and typically resolves within a week. Make sure to hydrate and nourish properly.

Pigment changes:

During the healing phase, the treated area may appear to be darker. Brown darkening of the skin (hyperpigmentation) can occur either following blistering or crusting or as a result of inflammation during the recovery period. PIH occurs as a part of the normal skin reaction to injury. The skin 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 2 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. Hyperpigmentation is very rarely permanent. Your treating provider may recommend topical skin-lightening products to accelerate the return to normal pigmentation levels.

Scabs:

No picking of any micro-scabbing.

Scarring:

Scarring is a rare occurrence, but it is a possibility whenever the skin's surface is disrupted. To minimize the chances of scarring, it is important that patients follow all post-treatment instructions provided by their provider. Good post-treatment care will help reduce the possibility of scarring.

Hypopigmentation:

Lightening or loss of skin pigmentation is very rare, however, it is a possible adverse event, especially in patients with a history of vitiligo or pigmentary disorders.

Infection:

Infection is possible but not common after treatments; herpes simplex virus infections can occur following treatments. This applies to both individuals with a past history of cold sores and individuals with no known history. Other signs of an infection can be high fever, purulence (pus), worsening redness, increased swelling in the area, blisters, pustules, and worsening pain. Should these symptoms occur, the clinician must be immediately notified to prescribe appropriate medical care. Topical and/or oral antibiotics may be necessary.

Allergic Reactions:

Allergic reactions can occur. Some persons may have a hive-like appearance in the treated area. Some persons have localized reactions to topical ointments/creams. Systemic reactions are rare.

I acknowledge the following has been discussed with me:

- I understand the Risks / Complications / Side effects / Consequences of Laser Treatment of the Skin: allergic reactions, swelling, itching, infection / cold sores, color/texture change, visible skin laser patterns, bleeding, burns, abnormal/slow/delayed healing, scarring, distortion of anatomic features, redness, dry eyes with corneal irritation, eye damage, chronic pain, delay in skin cancer diagnosis, and lack of permanent results or unsatisfactory results, need for further procedures
- I understand that compliance with pre and post-care instructions is crucial for the success of my laser treatment and to prevent unnecessary side effects or complications.
- During the healing phase, sun exposure can cause darkening of the treated area(s) called post-inflammatory hyperpigmentation, therefore, sun avoidance must be followed. Failure to follow instructions may increase risks. Additional risks include unknown rare risks and the need for additional treatments or surgery. Follow all laser care instructions to minimize the risk of having adverse effects. Although improvement is expected, there is no guarantee or warranty expressed or implied with respect to the results that may be obtained. AVOID SUN EXPOSURE FOR THE NEXT 8 WEEKS.
- I understand that there are many variable conditions that influence the long-term results of laser skin treatments. The practice of medicine and surgery and the subsequent use of lasers is not an exact science. Although good results are expected, there is no guarantee, expressed or implied, on the results that may be obtained. Repetition of treatment, skin care regimen, and other procedures aid in results.
- Financial Responsibilities – This procedure is elective and not medically necessary and therefore, not covered by insurance. Any complications requiring additional medical care and/or treatment or revisionary procedures would be the patient's responsibility also. There are no refunds.

For women of childbearing age:

By signing below I confirm that I am not pregnant and do not intend to become pregnant at any time during the course of the treatment. Furthermore, I agree to keep Honey Skincare Studio and my provider informed should I become pregnant during the course of the treatment.

WRITTEN CONSENT

Photographic documentation will be taken. I hereby do authorize the use of my photographs for teaching purposes.

BY MY SIGNATURE BELOW, I ACKNOWLEDGE THAT I HAVE READ AND FULLY UNDERSTAND THE CONTENTS OF THIS INFORMED CONSENT FORM FOR THE TREATMENT OF ACNE, AND THAT I HAVE HAD ALL MY QUESTIONS ANSWERED TO MY SATISFACTION BY HONEY SKINCARE HEALTHCARE TEAM.

I have read this form and understand it, and I request the performance of the procedure.

PRINTED NAME:

SIGNATURE:

DATE:
