



# SMARTXIDE TETRA CO2 LASER SKIN REJUVENATION AFTERCARE AND CONSENT FORM

## Procedural Description

The Fractional Carbon Dioxide (CO<sub>2</sub>) laser is considered the gold standard in treating wrinkles, signs of aging, and many other skin imperfections. Resurfacing your skin with the fractional CO<sub>2</sub> laser is an effective procedure for improving your skin's quality and texture. It also reduces fine and moderately deep lines. The fractional CO<sub>2</sub> laser resurfacing treatment stimulates collagen resulting in impressive and natural-appearing skin. The fractionated CO<sub>2</sub> laser also improves skin tone and texture, evens out pigmentation, and eliminates sunspots. It also smooths lines around the mouth and eyes. It physically removes the top layers of damaged skin plus has medical benefits in removing pre-cancers and encouraging healthier and younger-looking skin.

The Tetra CO<sub>2</sub> laser works by creating micro-injuries in the deeper layers of the skin. The skin responds to these tiny injuries by regenerating the damaged tissue, which results in an increase in the natural production of collagen and the overall rejuvenation of the skin's appearance. Lines, laxity, and other aesthetic concerns are visibly reduced and the overall tone and texture of the skin are dramatically improved.

## Before Your Treatment

- Those with darker skin like Asians, Hispanics, African Americans, and Native Americans have the potential to hypopigment much more with this type of technology.
- We recommend that for seven days pre-treatment you moisturize your skin in the morning and evening and drink at least 8 glasses of water per day to completely hydrate your skin and optimize treatment results.
- Stop self-tanner for four weeks prior to treatment.
- Stop exfoliating skin care products, such as retinoids and glycolic acid, for one week before your treatment. This includes Retin-A.
- Stop taking prescription medications that may increase the risk of bruising as instructed and in coordination with your physician.
- Avoid aspirin, Motrin, and Ibuprofen for one week prior to your treatment. Inform your provider if you are taking blood thinners or if you regularly take aspirin or Ibuprofen.
- Avoid fish oil, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other supplements one week before treatment.
- Avoid alcohol for two days prior to treatment.
- Inform your provider if you have taken Accutane (oral acne medication) in the past year.
- Store ice packs in your freezer for use after you get home from the procedure. Post-Procedure "Soothe" masks that we sell can also be stored in the refrigerator for use after you get home.
- Schedule your treatment at least four weeks prior to a special event i.e., a wedding, vacation, or speaking engagement, to allow time for the healing process.
- You must secure a ride home if you choose to use the pain and/or anxiety medication.
- Arrive at your appointment with clean skin (i.e. NO makeup).
- Take at-home photos to monitor your skin improvement and share them with your provider during the healing process so we can help monitor safe healing.

## What to Expect During Treatment

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- Discomfort- The sharp, burning sensation of each laser pulse may produce a moderate to severe amount of discomfort.
- Plan for social downtime- Expect to stay home/stay "under the radar" for 5 to 10 days (potentially longer for a more aggressive treatment).
- Swelling- Plan on swelling after your treatment. Sleep with head elevated with pillows or in a recliner for the first 1-2 nights to reduce swelling. Areas most likely to swell are around the eyes and neck. If extreme swelling occurs around the eyes, a corticosteroid prescription can be called into your pharmacy.
- Oozing- A clear fluid may be present in the treated areas and may create a crust or scab if the areas are not kept moist. Within about 2 days, you may appear to have an exaggerated tan with slight crusting that may last as long as two weeks. A healing emollient, such as Aquaphor, must be kept on the skin during this period.

## Post-Treatment Instructions

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- Patients should apply an occlusive ointment or intense moisturizer to prevent direct contact between the treated tissue and the air during the healing process as soon as the heat has left the skin, usually 2 hours after treatment.
- The use of an occlusive ointment improves patient comfort and reduces the sensation of pain and burning by preventing air from contacting the treated region. After healing is completed an intense moisturizer may be used.
- Post-procedure healing ointments such as Honey Skincare Lab's Remedy and Rescue Kit or Alastin Skin Nectar are for purchase and HIGHLY recommended.
- Patients may apply cool compresses immediately after treatment. Some patients report a "hot" feeling, which lasts a few hours to a few days.
- Patients can gently wash the area with tepid water and a gentle skin cleanser 3 times a day starting the morning after your treatment. Then immediately reapply occlusive ointment or moisturizer for at least 4 days.
- Vinegar soaks may be applied to reduce the burning sensation and reduce the possibility of infection.
  - Mix 1 tablespoon white vinegar with 1 pint of warm water; Wet a soft cloth or gauze, soak the treatment site for 15 minutes with a dilute vinegar solution.
- We recommend/require purchasing Levicyn™ Antimicrobial Dermal Spray, a hypochlorous acid (HOCl) based topical prescription product that cleanses, moistens, and removes foreign material, to mitigate any risk of infection. You should spray this onto the face after cleansing morning and night, applying it like a toner.
- Patients may shower but avoid hot water/steam in the treated area.
- Patients should not "pick at" or aggressively scrub the exfoliating skin - and should allow it to gently exfoliate during the washing process.
- Sleeping with the head elevated on pillows (head above heart) the first few nights post-treatment can help minimize swelling.
- Avoid direct sun exposure. Apply post-procedure PHYSICAL sunblock SPF 40+, when skin has healed. Sunscreen with titanium oxide, and zinc oxide provides broader protection.
- Wear a protective hat or visor for the first 4 weeks while outdoors.
- Avoid dirty, dusty environments, gyms, dyes, hairsprays, and perfumes while the skin is healing.
- Avoid mechanical exfoliation for 4 weeks.
- May use mineral make-up on day 5 or 7 for lighter density or after the skin is healed for higher density treatments.
- Pillowcases- Please change your pillowcase daily for 5+ days or use a clean towel each night to avoid bacteria build-up on soiled linens.
- Ice Packs for Inflammation- To minimize post-procedural inflammation and to give comfort, apply ice packs (with a cloth barrier) to the treatment area for up to 10 minutes per hour, several times a day for 24-48 hours.

- **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

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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 CO2 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 resolve within several days. Edema (swelling) of the skin will occur and can be minimized by keeping the area elevated & using cool compresses. Typically resolves within a couple of days; however, both can last for a week. If the swelling continues and is not something you can manage we can prescribe an oral steroid. Reach out to the provider for Rx care.

### **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 when the skin dries or as the old skin is shed and new skin is formed. When skin dryness occurs, it is normally noticed 2-7 days after treatment and typically resolves within two weeks. Make sure to hydrate and nourish properly.

### **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.

### **Pigment/Color Change (hyperpigmentation):**

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. Lastly, avoid picking and/or peeling the skin during the healing period.

**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 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. I HAVE BEEN GIVEN THE OPPORTUNITY TO HAVE 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 treatment.

PRINTED NAME:

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SIGNATURE:

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DATE:

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