



# CHEST TREATMENT OPTIONS: RF MICRONEEDLING, HALO, BBL AFTERCARE AND CONSENT FORM

## Procedural Description

Honey Skincare Studio's Chest Treatment offers advanced rejuvenation for the delicate décolletage area, addressing concerns such as sun damage, uneven pigmentation, fine lines, and texture irregularities. Options include:

- **RF Microneedling:** Combines radiofrequency energy with microneedling to stimulate collagen production, improve skin firmness, and reduce scarring or wrinkles.
- **Halo:** A hybrid fractional laser that precisely targets pigmentation and textural issues, leaving the skin brighter and smoother.
- **BBL (BroadBand Light):** A powerful light-based treatment that reduces pigmentation, evens tone, and promotes collagen remodeling for a youthful appearance.

Treatments are customized to your unique skin type and goals, ensuring optimal results. For clients seeking more corrective options, consider pairing this treatment with injectable solutions such as Skin Boosters or Bio-Stimulators. These advanced treatments provide enhanced hydration, promote collagen production, and strengthen the skin for improved texture and long-term rejuvenation in the chest area.

## Pre-Treatment Guidelines

- **Sun Avoidance:** Avoid tanning, sunburn, or direct sun exposure for at least 4-8 weeks prior to treatment. Sun exposure increases the risk of adverse effects, such as hyperpigmentation.
- **Self-Tanners:** Stop using self-tanning products at least 30 days before your appointment.
- **Skincare Products:** Discontinue the use of products containing Retin-A, Differin, or other retinoids one week prior to treatment.
- **Cold Sores or Herpes Simplex:** Notify your provider if you have a history of cold sores to discuss pre-treatment antiviral care.
- **Pre-Treatment Skincare:** Prepare your skin with...
  - **The Perfect Derma™ Body Lotion:** Contains 15% Glycolic Acid, Retinol, and Glutathione to exfoliate, promote cellular turnover, and brighten skin. Start using this lotion at least 8 weeks prior to your treatment.
  - **Restorative Neck Complex with TriHex Technology®:** Strengthens the skin barrier, enhances collagen and elastin production, and improves skin resilience. Use this product daily alongside The Perfect Derma™ Body Lotion for optimal results.

### **Why Pre-Treatment is Essential:**

Pre-treating ensures your skin is as healthy as possible, reducing the risk of complications, enhancing the efficacy of your treatment, and accelerating post-treatment recovery.

## What to Expect During Treatment

- You may experience temporary sensations such as heat, tingling, redness, or mild swelling during and immediately after the procedure.
- These effects are typically mild and subside within hours to a few days.
- Your provider will customize your treatment intensity based on your goals and skin tolerance.

## Post-Treatment Instructions

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### Healing and Recovery Guidelines:

#### 1. Cleansing and Disinfection:

- Begin cleansing the treated area with a gentle, non-irritating cleanser the morning after your treatment.
- Apply a disinfecting spray containing **Hypochlorous Acid (HOCl)** to reduce the risk of infection. Allow it to air dry before applying other products.

#### 2. Soothing and Moisturizing:

- Apply **SkinCeuticals Phyto-Corrective Gel**, which contains anti-inflammatory and hydrating ingredients, to calm redness and enhance skin recovery.
- Purchase a fresh **aloe leaf** from a grocery store like Whole Foods. Slice it open and apply the natural gel directly to the treated skin 3-5 times daily for the first 72 hours to soothe and promote healing.
- After applying aloe, use a recommended **Post-Procedure Cream or Ointment** to keep the area hydrated and support the skin's healing process.

#### 3. Sun Protection:

- Use a **broad-spectrum mineral sunscreen** with SPF 30 or higher. Mineral sunscreens containing zinc oxide or titanium dioxide are recommended to avoid irritation and reduce the risk of chemical burns during the healing phase.
- Reapply every 2 hours when outdoors, and avoid direct sun exposure for at least 4-8 weeks.

#### 4. Additional Recommendations:

- Avoid tight clothing or accessories that may irritate the chest area.
- Refrain from scratching, picking, or exfoliating the treated skin.

#### 5. Continued Skincare:

- After 7-10 days, resume using **The Perfect Derma™ Body Lotion** and **Restorative Neck Complex with TriHex Technology®** to extend and enhance your results. These products promote long-term skin health, collagen production, and improved texture.

### Avoid the Following Until Sensitivity Subsides (7-10 Days):

- Direct sun exposure and UV tanning beds.
- Products with active ingredients such as retinoids, glycolic acid, or salicylic acid.
- Hot tubs, saunas, or activities that induce excessive sweating.
- Harsh or perfumed skincare products.

## Potential Risks and Side Effects

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While this treatment is safe and effective, the following side effects may occur:

- **Redness and Swelling:** Common and temporary, typically resolving within a few days.
- **Dryness and Itching:** Flakiness or dryness may occur as the skin heals. Use recommended moisturizers to alleviate symptoms.
- **Blisters or Scabs:** Rare but possible. Avoid disturbing these areas to prevent scarring or infection.
- **Pigment Changes:** Temporary hyperpigmentation or hypopigmentation may occur, especially with sun exposure. Use sunscreen diligently to minimize this risk.
- **Infection:** Signs include pus, fever, or worsening redness. **Contact Honey Skincare Studio at (703) 589-9665 and your provider immediately** if you notice these symptoms.
- **Scarring:** Rare but possible. Following aftercare instructions minimizes this risk.
- **Allergic Reactions:** Symptoms like swelling, redness, or hives may occur due to topical products. Contact your provider if this happens.

## Consent to Clinical Photography

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I understand that clinical photographs may be taken before and after my treatment for documentation, treatment planning, and monitoring purposes. These images will be kept confidential and stored securely as part of my medical record.

## ACKNOWLEDGMENTS AND CONSENT

I understand the nature of the Chest Treatment (RF Microneedling, Halo, or BBL) and its potential benefits and risks. I agree to follow all pre- and post-treatment instructions to achieve the best possible outcome.

- **Pregnancy Status:** I confirm that I am not pregnant.
- **Financial Responsibility:** I understand this is an elective procedure not covered by insurance. I acknowledge that there are no refunds and that I am responsible for any additional treatments required.
- **Photographic Consent:** I consent to the use of my photographs for documentation and educational purposes.

By signing below, I confirm that I have read and understood this consent form, and I voluntarily agree to proceed with the treatment.

PRINTED NAME:

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SIGNATURE:

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DATE:

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