



LASER GENESIS/CLEARASILK® BY SCITON AFTERCARE AND CONSENT FORM

Procedural Description

Laser Genesis stimulates collagen regrowth, with multiple sessions it can effectively reduce the appearance of fine lines and wrinkles, tightens pores, reduces oil production, improves the overall tone and texture of the skin, gets rid of sun damage, and helps to diminish any redness on the skin. Laser Genesis works by gently heating the dermis, which is located below the skin's surface. Patients often find the treatment very soothing, as there is zero discomfort involved. Usually, clients have a series of 10 treatments spaced about a month apart before they start noticing the results. But when the results do take effect, you'll notice a dramatically smoother skin surface, a glowing skin tone, and a radiantly more youthful-looking complexion overall.

Before Your Treatment

- Do not wear makeup on the day of treatment.
- Excess hair may need to be shaved. Men should be cleanly shaved.
- A secondary benefit of Laser Genesis is a slight reduction in hair growth, so for those ladies wanting a reduction of peach fuzz, make sure to ask for dermaplaning before receiving the treatment.
- No sun-tanning or self-tanners 2 weeks prior to treatment. Includes spray tans, tanning lotions, tanning beds, sun exposure, etc.
- Avoid direct sun exposure of any kind as well as tanning beds and self-tanning to the planned treatment areas for 4 weeks prior to treatment. A tan can produce a burn to the skin and can result in hyperpigmentation (skin darkening) as well as hypopigmentation (skin lightening). We recommend that you discontinue the practice of tanning due to the increased risk of skin cancer and aging. 90% of all aging in the skin is from the sun.
- Avoid treatments that may irritate the skin for 1-2 weeks prior to treatment (Waxing, depilatories, etc.)
- If you have an active cold sore or skin infection on the day of your treatment, please call our office to reschedule your appointment and to see about Rx care.

What to Expect During Treatment

- There may be a sunburn-like redness that can last for a few hours or up to 12-24 hours.
- You MUST NOT apply any cold compresses or ice to the areas treated after the treatment. This treatment uses a laser to generate heat in the deep tissues of the skin to correct scarring, reduce pores, reduce general redness, and stimulate collagen. It is important to help maintain that heat and avoid artificially cooling the skin after the treatment, which includes air-conditioning and fanning the skin.
- However, if there are any signs of 'hot spots' on the skin i.e. areas where too much heat has developed in one area (in extreme cases this may result in a minor blister which is rare), then cold compresses (DO NOT use ice) should be placed over the area after the treatment.

- There may be swelling that can last 2-4 hours and will settle spontaneously.
- There may be bruising which is extremely rare and if it occurs, avoid medications such as aspirin or Nurofen, which are blood-thinning agents and may exacerbate bruising, for 24 hours. Also avoid supplements such as multivitamins, fish oils, glucosamine, and Vitamin B or Vitamin E, which are blood-thinning agents and may exacerbate bruising for 24 hours.
- There may be some itching of the skin. Avoid scratching the skin. You can take an antihistamine e.g. Claratyne to alleviate this irritation, which should settle after a few hours. If you have suffered in the past with cold sores on the skin or lips, please advise your cosmetic practitioner prior to treatment as this viral infection may be re-activated by the treatment. You can take L-lysine daily (available from the chemist or health store) for 2-3 days prior to and after your treatment if necessary. Please contact the clinic for advice if cold sores occur.

Post-Treatment Instructions

- You MUST avoid sun exposure and solarium treatments for at least 3 weeks after the treatment because the area treated will be more prone to burning and increased pigmentation during this period. Apply a 40+ or 50+ sunblock frequently and daily for 1-2 weeks after treatment.
- If your treatment was for pigmentation & freckles or broken capillaries, these may/will return if you continue to expose your skin to sunlight.
- Avoid using any skincare that contains AHA, Glycolic Acid, Salicylic Acid, Benzoyl Peroxide (e.g. Proactive), Tretinoin, or Retinoic Acid (eg Retin A) for 24 hours.
- It is important to maintain a good skincare routine with frequent hydration or moisturization on a daily basis (approximately 4 x daily). Use a hydrating gel e.g. Soothing Gel and/or a moisturizer.
- Avoid wearing makeup on the treated area for at least 24 hours post-treatment to allow maximum healing.
- Avoid heat, such as hot tubs, saunas, etc. for 1-2 days.
- Multiple treatments are required.
- Notify your provider of any concerns (blistering, excessive redness/swelling, etc.)

Laser Genesis Consent Form

The nature of the Laser Genesis 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 rejuvenation 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 Laser Genesis procedure:

Discomfort:

Most people will feel some heat-related discomfort (pain) 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 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 Blistering does develop, care should be taken not to disturb or unroof, 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. 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 because 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.

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 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, 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:
