



www.novamedspa.com

21785 Filigree Court, Suite 100 Ashburn, Virginia 20147 703.554.1130 fax: 703.554.1133

Microdermabrasion Consent Form

I understand that the treatment to be given is a skin rejuvenation treatment and I may need several administrations of the treatment in order to achieve best results. I have been informed of alternative treatments, which include chemical peels or no treatment at all.

I understand that any one of the following complications can occur through administration of the treatment:

- DISCOMFORT:** This is usually minimal and of short duration.
- SWELLING:** Rarely occurs and usually is minimal and subsides within a few hours or days.
- REDDENING:** A red discoloration may persist from a few hours to a few days (very rarely longer).
- DEMARICATION:** Refers to the difference in color, texture or pigmentation that may occur at the junction between treated and non - treated areas.
- BLEMISHES:** Underlying moles, blood vessels, freckles and sunspots may become more obvious and darker after peeling, since layers of dead skin have been removed.
- EYE INJURY:** If chemicals or abrasives get into the eye, scarring and vision disturbances may occur. Eye protection should be worn when chemicals or abrasives are being used.
- CRUSTING / SCABBING:** On rare occasions, a superficial crusting may occur — this is usually very mild and localized, but can also be seen over larger areas.
- PIGMENTATION:** Although extremely rare, temporary and possibly permanent changes in color of skin may occur.
- MILIA:** Whiteheads or acne may occur but will usually disappear quickly.
- INFECTION:** Infection is extremely unlikely, but may occur. An outbreak of fever blisters may occur in affected individuals. Please inform staff if you have a history of this.
- SCARRING:** This is very unusual, but may occur.

GENERAL:

I have received an instruction sheet as how to care for my skin following this procedure and agree to abide by it. I understand that proper sun protection including, but not limited to, the consistent use of broad spectrum UVA-UVB sun block with SPF 30 is vital to proper aftercare and the reduction of risks of undesired side effects.

Should one or more of the foregoing problems arise, please call *The Medical Spa at Nova* immediately. Early detection and treatment may minimize future complications.

The treatment was explained to me in detailed and I request that the procedure be performed on me by a certified Aesthetician at *The Medical Spa at Nova*. I understand that this consent form is good for the duration of my microdermabrasion treatment(s).

Clients Signature: _____ Date: _____

Clients Name _____

(Please Print)

I certify that I have discussed all of the above with the patient and have offered to answer any questions regarding the treatment. I believe that the patient fully understands the explanations and answers.

Providers Signature: _____ Date: _____

Providers Name _____

(Please Print)



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Microdermabrasion Pre Treatment Care

1. Stop using Accutane 1 year prior to the treatment.
2. Stop any type of exfoliating treatment(s) to the area of treatment, 2-4 weeks prior and after your treatment.
*** You may combine this treatment with Gel Peels ***
3. Stop applying Retin-A, Renova, Tazorac, and Differin, to the treatment area, 2 - 4 weeks prior and after your treatment.
4. Stop sun tanning or using the tanning bed 2-4 weeks prior and after, to your treatment.
5. Stop any type of depilatory treatments (waxing, depilatory creams) to the area of treatment, 2 weeks prior after your treatment.
6. Stop electrolysis, and any type of laser treatments (laser hair removal, IPL) to the area of treatment, 2-4 weeks before & after your treatment.

Microdermabrasion Post Treatment Care

You may experience a mild sunburn or windburn reaction. Apply aloe lotion or gel, comfrey gel, or cool, wet cloths to the area to relieve any tingling or stinging. Any redness usually dissipates within 24 hours.

- You may experience some minor flaking of the skin, usually in patches after a few days. The skin continues to exfoliate for a period of a few days after your treatment. Apply moisturizer regularly. The next treatment will remove any loose skin cells. Try to avoid picking the sloughing skin.
- Apply generous amounts of moisturizer (without AHA), as the treatment does dry out the first layer of skin temporarily. Avoid clay-drying masks for several days.
- You may enjoy spritzing yourself with cool spring water several times a day.
- Wash your face GENTLY for the first several days with a non-glycolic or alpha hydroxy cleanser, which causes irritation or extra skin sensitivity.
- You may gently apply makeup the first day of the treatment, but it is best to wait as long as possible to let the skin breathe and absorb the moisturizer.
- Always wear sunscreen as you could burn more easily or begin / extend hyperpigmentation.
- Do NOT use Retin-A or glycolic products for 2 weeks following a treatment or 2 - 3 weeks before your next treatment. It really is best to suspend use during your treatment series and resume after your last treatment, to avoid over exfoliation.
- Avoid chlorine in pools or hot tubs for 2 days after treatment, as it could be irritating. If you should get this on your skin, simply wash with cool tap water.
- This is not a relaxing or pampering treatment, but the results will experience will be worth any temporary discomfort.
- Microdermabrasion treatments will not interrupt your regular skin care routine or daily lifestyle.
- Commitment to the treatment series, along with regular use of a good skin care line at home is essential to success.