



## **Microneedling Skin Treatment Informed Consent**

**The purpose of this form is to inform you about the risks, benefits, and alternatives to microneedling skin treatment. This form is not intended to address all possible risks. Instead, it is intended to address the most commonly-encountered risks. Please read this form carefully before signing it. If you have any questions after reading the form, please do not hesitate to ask your provider for more information.**

Microneedling allows for controlled induction of the skin's self-repair mechanism. It works by creating micro "injuries" in the skin that trigger new collagen synthesis, yet do not pose the risk of permanent scarring. The result is smoother, firmer and younger-looking skin. Microneedling procedures are performed in a safe and precise manner with the use of a sterile microneedle head. The procedure is normally completed within 30 – 60 minutes, depending on the required treatment and anatomical site.

After the procedure, the skin will be red and flushed in appearance, similar to moderate sunburn. It may feel tight, show evidence of mild bruising, and be sensitive to touch. These symptoms usually diminish greatly after a few hours following treatments. Within 24 hours, the skin is often completely healed. After three days, most visible erythema (redness) will be gone, though this may take longer in some individuals. Patients are advised to avoid direct sun exposure to recently-treated areas and to use sunscreen that is SPF 30 or higher.

### **Contraindications**

Microneedling is not recommended for those with:

- Keloid scars;
- A history of eczema, psoriasis and other chronic conditions;
- A history of actinic (solar) keratosis;
- A history of herpes simplex infections;
- A history of diabetes; or
- The presence of raised moles or warts on the targeted area.

### **Absolute contraindications**

Absolute contraindications include:

- Scleroderma;
- Collagen vascular diseases or cardiac abnormalities;
- Blood clotting problems;
- An active bacterial or fungal infection; or
- Immunosuppression.

Microneedling is not recommended for women who are pregnant or nursing. Results will vary between individuals.

I understand that although I may see a change after my first treatment, I may require a series of sessions to obtain my desired outcome. The procedure and common side effects have been explained to me, including alternative methods such as receiving no treatment. I have been advised that although good results are expected, complications can occur. I acknowledge that no guarantees of success or satisfaction have been or can be made with regard to microneedling. I am aware that the microneedling treatment is not permanent, as natural degradation will occur over time.

By signing below, I attest that I have read this consent, or it has been read to me, and I understand the information contained in it. I have had the opportunity to ask any questions about the treatment, including risks or alternatives, and acknowledge that all my questions about the procedure have been answered in a satisfactory manner.

Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_