

ANCIENT ESTHETICS

Microdermabrasion Client Consent & Informed Consent

Appointment Date: _____

Esthetician: Aileen Leyba-Hernandez

CLIENT DETAILS

Name: _____

Sensitive Skin: Yes _____ No _____

Please Explain: _____

MICRODERMABRASION INFORMED CONSENT

I do hereby consent to receive microdermabrasion treatment performed by an esthetician at Ancient Esthetics.

_____ I understand that microdermabrasion works through the removal of superficial epidermal skin cells.

_____ I understand that the esthetician may discover conditions that require modification of future treatments.

_____ I acknowledge that esthetics is not an exact science and no specific guarantee has been made regarding treatment outcomes.

_____ I understand there are risks associated with exfoliation procedures including temporary redness, irritation, tenderness, sensitivity, and possible infection.

_____ I understand I am responsible for following all written and verbal pre-treatment and post-treatment instructions.

_____ I understand that multiple treatments may be required to achieve optimal results.

_____ I understand that I have received an explanation of pre- and post-treatment care and have had the opportunity to ask questions.

AGREEMENT

I certify that I have read the above consent and fully understand it. I have been given ample opportunity for discussion and all questions have been answered to my satisfaction.

Client Signature _____ Date _____

Technician Signature _____ Date _____

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Client Copy – Microdermabrasion Pre- & Post-Care Instructions (Please Keep This Page)

Pre-Care Instructions

- Avoid retinol, Retin-A, tretinoin, and exfoliating acids for 5–7 days prior.
- Avoid waxing, chemical peels, laser treatments, and other exfoliating procedures for at least 7 days before treatment.
- Avoid excessive sun exposure and tanning.
- Inform your esthetician of medications, skin conditions, or recent cosmetic procedures.
- Clients using Accutane must wait according to physician recommendations before treatment.

Post-Care Instructions

For 5–7 days following treatment:

- Wear SPF 30 or higher every day.
- Avoid direct sun exposure whenever possible.
- Avoid retinol, acids, scrubs, and exfoliating products.
- Avoid waxing, peels, or additional exfoliating treatments.
- Use gentle cleansers and moisturizers.
- Avoid picking, scratching, or rubbing the treated area.
- Mild redness, dryness, and flaking are normal and temporary.

Your skin will be more sensitive to sunlight following treatment. Daily sunscreen use is essential.