



Microneedling Consent and Post Microneedling Instructions:

Professional Dermatology Care, PC

Products to use:

You will be given TWO tubes: a *Lift glide gel* and “*Rescue calming complex*” that has a blue label. Use only the white tube, *Lift glide gel* as many times as you need for the dryness that occurs 24 hours after the procedure. Do not use any other product for 24 hours post procedure including cleansers. Instead, you may rinse with cool water as needed. For the next 2-4 days, use the tube with the blue label called “*Rescue calming complex*” daily for dry, peeling skin throughout the day until finished. After 3-4 days, wash face, apply a bland hydrating barrier cream (thin layer only) followed by sunscreen during the daytime. Do not go outside for 3 days after microneedling. Once you’ve finished peeling, you can use sunscreen daily. If you purchased the barrier repair cream, wash your face then apply in the evening before bed. Save these products for your next microneedling. **If you have a history of cold sores**, please take oral antiviral (Ex. Valtrex or valacyclovir) 2 tabs twice a day (4 tabs total) on the day of the procedure for prevention. Additional Valtrex is needed to treat a cold sore upon onset- Please call the office if you need your antiviral medication prescribed to you.

What to avoid:

- Avoid all skin care products including sunscreen and makeup for 3 days, and only limit to the topicals that were provided in office including the barrier repair kit if purchased. Strictly avoid active skincare topical products such as retinoids, vitamin C, alpha hydroxy acids, or any creams that claim to lighten the skin for 1 week.
- Strictly avoid sun exposure the day of the procedure as you will not be wearing sunscreen. Continue to minimize sun exposure for 72 hours post procedure.
- Avoid strenuous exercise or excessive sweating for 72 hours post procedure as excess blood flow and sweat can cause discomfort and irritation to the treated skin.
- Avoid saunas, steam rooms, hot baths, or showers until the redness is gone as they are excessively drying.
- Avoid waxing, facials, peels, lasers, and other abrasive treatments like shaving 2-3 days after treatment or until no longer red and peeling.

I understand that just as there may be benefits from the procedure, all procedures involve risk to some degree. Side effects of microneedling include 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 including but not limited to:

- **Discomfort**: Most people will feel temporary heat-related discomfort (pain) with the treatment.
- **Persistent Redness, Itching, AND/OR Swelling**: Itching, redness, and swelling are normal parts of the healing process. These symptoms rarely persist longer than 24 hours.
- **Temporary skin dryness**: Temporary mild skin dryness and itching is common and often occurs if the skin dries or as the old skin is shed and the new skin is formed. Temporary skin dryness typically resolves within a week. Make sure to hydrate and nourish properly.
- **Infection**: Bacterial infection and herpes simplex virus (cold sore) infections can occur following treatments. 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. ***Ask for valtrex if you have a history of cold sores.***
- **Transient acne flare-ups**: Whiteheads & pimples can appear after treatment but can be easily controlled by homecare products, consult with your provider on how to manage acne.
- **Blisters**: Mild-moderate blisters after treatment are uncommon but have been reported. If blisters develop, care should be taken not to disturb or unroof and blistering should be evaluated by the treated provider.
- **Scarring**: Scarring is a rare occurrence, but it is a possibility whenever the skin's surface is disrupted. To minimize the chances of scarring, please follow all post-treatment instructions provided by their provider. Good post-treatment care will help reduce the possibility of scarring. Avoid picking/peeling the skin.
- **Pigment/Color Change (hyperpigmentation)**: Darkening of the skin (PIH) can occur as a result of inflammation. PIH occurs more frequently with darker-colored skin, after sun exposure, or with patients who already have a tan. To reduce the risk of PIH, use sunscreen to protect from exposure to the sun. In some patients, increased skin coloring may occur even if the area has been protected from the sun. PIH usually fades in 3 to 6 months and is very rarely permanent.
- **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.
- **Allergic Reactions**: Allergic reactions can occur including a hive-like appearance in the treated area or localized reactions to topical ointments/creams. Systemic reactions are rare.
- **Lack Of Permanent Result**: microneedling will not completely or permanently improve skin texture, tone, elasticity, hyperpigmentation, or scars, or minimize fine lines and wrinkles. It is important that your expectations be realistic, and that you understand that the procedure has its limitations. Additional procedures may be necessary to achieve your desired effect.
- **Unsatisfactory Result**: Although rare, there is a possibility of a poor result from any cosmetic procedure. Microneedling may induce undesirable results. There is always a possibility that you may be disappointed with the results of microneedling.

I understand the Risks / Complications / Side effects / Consequences of microneedling: allergic reactions, swelling, itching, infection/cold sores, color/texture change, bleeding, burns, abnormal/slow/delayed healing, scarring, 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 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 aftercare 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.

I understand that many variable conditions influence the long-term results of skin resurfacing treatments. 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.

I ACKNOWLEDGE THAT I HAVE READ AND FULLY UNDERSTAND THE CONTENTS OF THIS INFORMED CONSENT FORM AND THAT I HAVE HAD ALL MY QUESTIONS ANSWERED TO MY SATISFACTION.

Patient Signature: _____

Date: _____