Amethyst Beauty Salon and Spa

Radiofrequency Microneedling Client Consent Form

First Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Last Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Birth\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Instructions**

This document has been prepared to help inform you about microneedling and its risks. It is important that you read this information carefully and completely. Please initial each page indicating that you have read the page and sign the consent at the end of the document.

**General Information**

Radiofrequency (RF) Microneedling is a procedure which uses tiny needles and radiofrequency waves to rejuvenate the skin. It is an excellent method of promoting cellular turnover and renewal. RF Microneedling is effective in treating many skin conditions such as acne scars and hyperhidrosis, and is also used for skin rejuvenation. The procedure results in smoother-younger looking skin which is tightened from the outside in.

**Instructions**

**Pre-Treatment Tips**

* Avoid using accutane in the 6 months prior to beginning your treatment sessions.
* Avoid IPL/Laser procedure and unprotected sun exposure for at least 2 weeks prior to your procedure.
* Avoid blood thinning agents for one week prior.
* No waxing, depilatory creams or electrolysis to the area being treated for 5-7 days prior.
* Avoid using topical agents that may increase your skin’s sensitivity such as retinoids, exfoliants, topical antibiotics or acids 5-7 days prior to your treatment.
* Do not take anti-inflammatory medications, such as Ibuprofen and Advil for at least 3 days prior to your microneedling session.

**Day of Procedure**

* Do not shave areas being treated on the day of the procedure to avoid skin irritation.
* Please keep your face clean and do not apply makeup.

**What to expect - Day of Procedure**

* Your skin will be cleaned to ensure it is free of lotion, oil, makeup, or sunscreen.
* You will be asked to inform your skin care specialist about any relevant changes in your medical history and all of the medications you are taking.
* Your specialist will examine the area and ask if there are any cosmetic tattoos in the treatment areas.
* Prior to your treatment, topical numbing cream will be applied to your skin.
* The duration of the process will depend on the area being treated.

**Post-Treatment**

* Do not take any anti-inflammatory medications for one week after the procedure.
* Do not use ice on your face, and avoid using arnica/bromelain, as these may interfere with the natural inflammation process that is critical for your skin rejuvenation.
* Avoid tanning and prolonged exposure to direct sunlight for at least 2 weeks. After 24 hours, always use sunblock with an spf of 30 or higher and wear a hat if you’re outside.
* Use a painkiller, such as Tylenol, if you experience any soreness.
* For at least 3 days post-treatment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C, or anything perceived as ‘active’ skincare
* Do not put on makeup or use a makeup brush for 24 hours after the procedure.
* Do not go swimming for at least 24 hours post-treatment.
* No exercising or strenuous activity for the first 24 hours post-treatment. Sweating and gym environments must be avoided during the first 72 hours post-treatment.

**What to expect - Post-Treatment**

Day 1-3

A sunburn-like effect is normal. Your skin may feel tight, dry or sensitive to touch. Treat the skin gently by washing it with a gentle cleanser, cool water, and only using your hands to pat dry (no earlier than 4 hours after treatment).

Some redness may also be present and in some cases, patients may experience slight bruising that can last for 5-7 days and temporary swelling for 2-4 days.

* Tips
  + Avoid strenuous exercises that cause sweating as well as jacuzzis, saunas, and steam baths for up to 48 hours
  + Do not use makeup for at least 24 hours post-procedure
  + Sleep on your back with your head elevated to minimize swelling or pain as needed

Day 2-7

Peeling may start 3-5 days after the treatment. You’ll notice skin dryness and flaking which is due to an increased turnover of skin cells. DO NOT pick, scratch or scrub at treated skin!

\*\*You must allow the old skin to flake off naturally and keep it moisturized at all times.

Day 5-7

You may start your regular skin care products once again, once your skin no longer feels irritated.

**For Best Results**

We recommend follow-up and repeat microneedling treatments every 4-6 weeks, with a series of 3-7 treatments depending on your personalized care plan.

**Consent**

I certify that I have read or have had read to me the contents of this form. I understand the risks and alternatives involved in this procedure(s). I have had the opportunity to ask questions, and all of my questions have been answered. I acknowledge that I have reviewed and approved the material given to me.

Signed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_