

## The Ivey Garden of Wellness

### Informed Consent: Acupuncture Facial Rejuvenation

Thank you for choosing me to assist you in enhancing the inherent beauty of your face and/or neck! Facial Rejuvenation is but one very exciting and effective application of acupuncture and natural medicines. Here are some things that you should know about this procedure.

**Goals:** The goal of Facial Rejuvenation treatment is to diminish fine lines and wrinkles, to gently tighten and tone the skin, and to bring out the vitality and natural beauty of your face and/or neck. Results are gradual and are usually perceptible after the third or fourth treatment. Often, other people begin commenting on your healthy glow and more youthful appearance even before you notice the changes. **It's important to know that results are not nearly as dramatic as those achieved by surgical interventions such as facelifts, although they are generally significant and noticeable. Individual results vary.**

**Process:** The Facial Rejuvenation protocol involves a series of 10 treatments over five weeks: treatments per week for the first five weeks. At each session, tiny acupuncture needles will be placed in key locations on your face or neck, and other needles will be placed in points on your head and extremities to boost the effects of the face/neck needles. The facial needles stimulate the production of collagen and elastin, and increase the flow of blood and energy to the face; all of those are needed for youthful, healthy skin. You may also receive a light microneedle treatment with a microneedling pen once per month during the series. You will also have a nightly facial gua sha routine during this process to achieve maximum results.

Results last approximately 3-5 years, though individual results may vary. A minimum of two maintenance treatments every six months is recommended.

**Risks and Side Effects:** Although great care is taken to minimize any negative effects, it is important to understand that there are some potential risks. The most common side effect is bruising at some of the needle sites. If this occurs, it is generally mild and small, and the bruises will disappear on their own. There may also be minor redness and irritation associated with microneedle treatments.

**Enhancing Your Treatments:** The following lifestyle practices will help you achieve the best and longest-lasting results from your Rejuvenation treatments:

- Please be aware that smoking will negatively impact your skin. Smoking dries your skin in addition to putting toxic chemicals into your body that will interfere with the ability of your vital organs to effectively cleanse and nourish your skin.
- **MOISTURIZE MOISTURIZE MOISTURIZE.** Your moisturizer doesn't need to be expensive. A good quality, non-greasy product that you use morning and night is fine.
- Limit sugar and alcohol. Sugar makes tissues sag and alcohol is mostly sugar.
- Be moderate in your exposure to the sun to avoid drying and damaging the skin of your face and neck.
- Additional self-care practices may be recommended.
- Nutritional supplements may be recommended as well.
- **Please do NOT undertake other types of facial treatments during this series.**
- **Please do NOT microneedle yourself; skin damage can result.**

Please sign below to indicate that you have read the above and consent to Acupuncture Facial Rejuvenation treatments:

Patient Name:	Signature:	Date:
Practitioner Name: Jessica Ivey	Signature:	Date: