

Name: _____

Date of Birth: _____

INTRODUCTION TO MICRO-NEEDLING

The concept of micro-needling is based on the skin's natural ability to repair itself when it suffers physical damage such as cuts, burns, abrasions or other injuries. Immediately after an injury to the skin, our body begins the healing process, triggering new collagen synthesis. The Dr. Pen is a micro-needling device that intentionally creates very superficial "micro-injuries" to the outermost layer of the skin to induce the healing process that includes new collagen production. Micro-needling has been shown to reduce the visibility of acne scars, fine lines, and wrinkles; diminish hyper-pigmentation; and improve skin tone and texture, resulting in smoother, firmer, younger looking skin.

ABOUT THE PROCEDURE

Micro-needling is performed using Dr. PEN. The Dr. PEN micro-needling procedure is performed in a safe and precise manner with a single-use, sterile needle head. The treatment session usually takes about 30-60 minutes, depending on the area(s) being treated. Throughout the procedure, activating agents will be applied to stimulate rejuvenation process. Then a hydrating facial mask will be applied for hydration. After the procedure, your skin will be red with mild swelling and/or bruising, and it might feel tight and sensitive to the touch. Although these symptoms may take 2-3 days to resolve completely, they will diminish significantly within a few hours after treatment.

RISKS OF MICRO-NEEDLING

Although the majority of patients do not experience any complications with micro-needling, it is important you understand that risks do exist. The micro-needling procedure is minimally invasive and uses a set of micro-needles to inflict multiple, tiny, punctures/lacerations to the outermost layer of the skin. Because micro-needling penetrates the skin, it inherently carries health risks, including but not limited to those listed below. You should discuss any and all health concerns with your esthetician or attending healthcare provider PRIOR to signing this consent form.

INFECTION – Infection is very unusual. However, viral, bacterial, and fungal infections can occur any time the integrity of the skin is compromised. Should infection occur, you must contact or return to our office immediately, as additional treatment will likely be necessary.

PIGMENT/COLOR CHANGE (hyperpigmentation) – Because the dermal penetration associated with micro-needling is so superficial it doesn't extend into the layer of the skin containing melanocytes, hyperpigmentation is very rare. However, failure to follow post-treatment instructions can put you at risk for hyperpigmentation. You **MUST** avoid sun exposure for 1 to 2 weeks after a micro-needling treatment. You should also wear a daily SPF facial moisturizer, which your practitioner can recommend. Lastly, avoid picking and/or peeling the skin during healing period.

SCARRING – Although normal healing after the procedure is expected, abnormal scars may occur in both the skin and deeper tissues. In rare cases, thickened or keloid scars may result, especially if you are prone to keloid scarring anyway. Scars may be unattractive and of different color than surrounding skin. Additional treatments may be needed to treat scarring.

PAIN – There may be a very slight burning, scratchy, and irritated sensation to the skin. This is usually temporary and is gone within a few hours after treatment. A sudden reappearance of redness or pain is a sign of infection, and you should notify our office immediately.

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. However, treatments received less than 4 weeks apart may induce prolonged symptoms.

ALLERGIC REACTION – Micro-needling is performed with a device whose head contains 12 sterile, hypodermic needles, which makes an allergic reaction nearly impossible. However, in conjunction with the micro-needling procedure a variety of products may be used on the face; those products could cause an allergic reaction. Additionally, since micro-needling increases the penetration of topical substances, it could cause you to become hypersensitive to products used on the face. If an allergic reaction were to occur, you must contact our office immediately, as it may require further treatment.

LACK OF PERMANENT RESULT – Micro-needling 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 you understand that the procedure has its limitations. Additional procedures may be necessary to achieve your desired effect.

UNSATISFACTORY RESULT – Although rare from micro-needling, there is a possibility of a poor result from any cosmetic procedure. Micro-needling may induce undesirable results, including but not limited to skin sloughing, scarring, permanent pigment change, and/or other undesirable skin changes. There is always a possibility that you may be disappointed with the final results of micro-needling.

CONTRAINDICATIONS TO MICRO-NEEDLING

Although it is impossible to list every potential risk and complication, the following are recognized as known contraindications to micro-needling. Furthermore, it is your responsibility to fully and accurately disclose all medical history prior to initial treatment, as well as to provide any necessary updates at all future treatment sessions. If you have any of the conditions listed below, you should bring it to the attention of your esthetician or healthcare provider PRIOR to signing this consent form.

- Active acne
- Hemophilia / bleeding disorders
- Scleroderma
- Active infection of any type (bacterial, viral, or fungal)
- Hormone Replacement Therapy
- Skin Cancer
- Blood thinner medications
- Keloid/hypertrophic scarring
- Sunburn
- Cardiac disease/abnormalities
- Raised lesions (moles, warts, etc.)
- Tattoos
- Chemotherapy or radiation
- Recent chemical peel procedure
- Telangiectasia/erythema
- Collagen Vascular Disease
- Recent use of some topical Rx.
- Uncontrolled diabetes
- Eczema, Psoriasis, or Dermatitis
- Rosacea
- Vascular lesions (hemangiomas)

ACKNOWLEDGEMENT

My signature below acknowledges that I have read and understand the content of this informed consent document. I have been given ample opportunity to ask questions, all of which have been answered in a satisfactory manner. I understand that results can vary and that no guarantee, neither expressed nor implied, has been or will be given to me regarding my results. I'm aware of the risks and benefits associated with the Dr. PEN Micro-needling procedure, as well as available alternative treatments. I understand that micro-needling is an elective procedure performed solely for cosmetic purposes and is not critical to my health. Of my own free will, I am requesting and providing my informed consent to undergo Dr. PEN Micro-needling treatment(s) at **all about you**. I assume all risks as my own and agree to hold harmless, **all about you**, its providers, estheticians, and any other staff members, affiliates, and independent contractors. I hereby release them from any liability, both seen and unforeseen, now and forever.

Patient Signature

Name (Printed)

Date

Parent/Guardian Co-Signature

Name (Printed)

Date

What is your skin type score?

The Fitzpatrick scale is most often used for skin type classification.

		0	1	2	3	4
	What is your eye color?	Light blue or gray	Blue or green	Hazel, Light brown	Dark brown	Brownish black
	What is the natural color of your hair?	Red, Strawberry blonde	Blonde	Light brown, Chestnut, Brown	Dark brown	Black
	What is the color of your skin? (unexposed areas)	Reddish	Very pale	Pale with beige tint	Light brown	Dark brown
	Do you have freckles on sun-exposed areas?	Many	Several	Few	Incidental	None
	What happens when you stay in the sun too long?	Painful redness, blistering, peeling	Blistering, followed by peeling	Burns, sometimes followed by peeling	Rarely burns	Never had burns
	To what degree do you turn brown?	Hardly any or not at all	Light tan	Reasonable tan	Tan very easily	Turn dark brown quickly
	Do you turn brown several hours after sun exposure?	Never	Seldom	Sometimes	Often	Always
	How does your face respond to the sun?	Very sensitive	Sensitive	Normal	Very resistant	Never had a problem
	When did you last expose yourself to the sun, tanning bed, or self-tanning creams?	More than 3 months ago	2-3 months ago	1-2 months ago	Less than 1 month ago	Less than 2 weeks ago
	How often is the area you want to have treated exposed to the sun?	Never	Hardly ever	Sometimes	Often	Always
Add above column for total score:	Match your total score with the corresponding skin type:	Fitzpatrick Skin Type:				
	0-7	I				
	8-16	II				
	17-25	III				
	26-30	IV				
	Over 30	V-VI				

Before & After Pictures

Micro-Needling Post-Care Instructions

DO NOT EXPOSE YOURSELF TO THE SUN

After you have undergone your micro-needling procedure, stay out of the sun. Apply sunscreen protection (minimum SPF30) daily following treatment. Physical sunscreen is recommended over chemical sunscreen, due to the toxins that may be contained in the (chemical) lotion. Post procedure, the skin channels are completely open, and any toxins contained in topical applicants may be harmful to you.

DO NOT USE ANY “ACTIVE INGREDIENT” SKIN PRODUCTS

Post procedure, avoid any skin care product that has active ingredients. These commonly include things like Alpha Hydroxyl Acids, Retinol and other similar agents. The skin will be highly sensitive and these products will only irritate it further.

USE COLLAGEN STIMULATING PEPTIDES

As micro-needling serves to stimulate the production of collagen, the skin needs higher amounts of collagen than normal to recover optimally. Collagen Stimulating Peptides assist in that process, further aiding in the stimulation of collagen production.

AVOID THE USE OF MAKEUP AFTER TREATMENT

It is imperative that you let your skin “breathe” and recover for 24 hours after the procedure. The skin channels are open, and using a makeup brush can penetrate the pores, especially if they are very thin, causing further irritation. Using a makeup brush that has been used before can contaminate the skin and, consequently, lead to infections. Wait 24 to 48 hours before you apply face makeup to give your skin the necessary recovery time.

USE A COOLING FACE MASK

After you have undergone micro-needling, you may experience some skin inflammation or redness. Using a cooling mask will help reduce the inflammation or redness of the skin, giving you more comfort.

USE AN ANTIOXIDANT SERUM

Antioxidant serums have properties that assist in healing the skin. Serums assist in soothing the skin and further reduce irritation.

AVOID SWEATING

As you sweat the pores of your skin will reopen, and the bacteria on your skin may enter the skin punctures. This can lead to either a reaction or infection.

DRINK WATER

It is important to stay hydrated before and after your procedure to help your skin heal and rejuvenate faster.