

Informed Consent for Intense Pulse Light (IPL) Laser Treatment

In our ongoing efforts to provide you with the best possible service, we ask that you carefully review this procedural consent form and ask any questions necessary to help you fully understand it. Please also obtain pre and post-care instruction on our website under Resources or ask our office to print you a copy.

Procedure: Intense Pulsed Light (IPL) systems are used for photo-rejuvenation. Photo-rejuvenation assists in the treatment of the following skin conditions: vascular changes, including telangiectasias (spider veins), and the redness and flushing symptoms of rosacea. Pigmentary changes, including brown spots, sunspots and lentigines, dyschromia and other conditions brought about by sun damage and photo-aging. Enlarged pores, poikiloderma and melasma. Generalized aging of the skin.

Mechanism: The IPL system produces a broad beam of highly concentrated light. This light is filtered to a wavelength that is selectively absorbed by the target tissues with minimal effect on surrounding tissues. This absorption produces heat, which in turn alters the undesirable target tissues. The body's natural healing process then absorbs the affected tissue and allows for re-growth of healthy tissue. The duration (milliseconds) and energy (fluence) of the light pulse are adjusted for your specific skin characteristics to achieve maximum benefit. The target is usually abnormal pigmentation or small, unsightly blood vessels.

Safety: All required safety precautions and all IPL-specific guidelines will be followed to ensure the utmost in safety during your treatments. This includes the use of protective eyewear at all times while the equipment is in use. We recommend removal of contact lenses during facial treatments.

Alternatives: I am aware of alternative methods of treatment such as topical chemical products and other light-based or laser systems. I realize that various other alternative services may be available. I understand that my concerns regarding the condition of my skin may be caused by various medical conditions that may require other forms of treatment that I should discuss with the provider. I have explored such alternatives to my satisfaction, and have made an independent decision to proceed with IPL treatments.

Limitations: I understand that some rejuvenation is achieved in nearly everyone, but that results vary widely from patient to patient. My results are limited by the equipment capability as well as by my personal skin characteristics. Fitzpatrick skin typing will be assessed prior to treatment.

I understand that the higher the Fitzpatrick skin type, the greater the potential risk of the treatment. To reduce the occurrence of side effects, we limit photo-rejuvenation treatments to skin types I -IV.

Hormonal therapy and other medical conditions may affect my results. These issues will be/were discussed at the time my medical history is/was reviewed. Results are cumulative; therefore a series of treatments is necessary to achieve maximum benefit. Actual results cannot be guaranteed.

I understand that Intense Pulse Light is not intended to substitute for a surgical facelift, ablative skin resurfacing, or procedures that treat deep wrinkles and sagging skin. It is intended for patients desiring evenness of color in their complexions, or those showing signs of sun damage and photo aging. Intense Pulse Light skin treatments have a great appeal to individuals with active lifestyles who cannot set aside healing time, as required with ablative procedures or surgery. The procedure requires no "downtime", i.e., patients can resume all activities immediately after treatment, except sun exposure.

Cautions: I understand that hair follicles in the treated area may be permanently affected, resulting in reduced hair growth. I understand that I should not undergo facial IPL treatments unless I am willing to accept a reduced ability to grow facial hair. If I am subject to keloid formation (thickened scars), excessive scarring or poor healing (due to diabetes or other conditions) I will consult my primary care physician prior to proceeding.

I understand that tattoos and permanent makeup in the treatment area may be altered and moles may be lightened. I understand that recurrent viral infections such as herpes simplex (cold sores) or varicella (shingles) may be activated. If I have a personal or family history of skin cancer, I have been advised to discuss this with the provider before you proceed.

Prior to any treatment, I will advise Paz Dermatology of any history of excessive bleeding or bruising, if I have sun sensitivity or am using any sun sensitizing medications, hormones, steroids, Accutane, Retin-A or similar products, or contraceptives. I understand that all reflective objects, such as jewelry and watches, must be removed if near the treatment area.

Further Contraindications include, but are not limited to the following:

- Current or history of cancer, especially malignant melanoma, or recurrent non-melanoma skin cancer, or pre-cancerous lesions such as multiple dysplastic nevi.
- Any active infection.
- Disease which may be stimulated by light at 560nm to 1200nm, such as history of recurrent Herpes simplex, systemic lupus erythematosus, or porphyria.
- Use of photosensitive medication and / or herbs that may cause sensitivity to 560-1200m light exposure such as isotretinoin, tetracycline, or St John's Wort (Best Avoided for at least one year before your procedure).
- Immunosuppressive disease, including AIDS and HIV infection, or use of immunosuppressive medications.
- Patient history of Hormonal or endocrine disorders, such as polycystic ovary syndrome or diabetes, unless under control.

- History of bleeding coagulopathies, or use of anticoagulants.
- History of keloid or hypertrophic scarring.
- Very dry skin.
- Exposure to sun or artificial tanning during the 3-4 weeks prior to treatment. Sunblock should be applied 2 weeks or more before your procedure using a product that is sensitive for the skin and contains titanium dioxide or zinc oxide-containing sunblock.
- Skin type V1 or very dark, black skin types
- Pregnancy and nursing.
- Ectropion, outward turning of the lower eyelid and excessively dry eyes, previous lower blepharoplasty.
- Koebnerizing diseases, prior radiation therapy leading to a loss of adnexal structures, extensive fibrosis resulting from prior cosmetic treatments (e.g., Dermabrasion, deep chemical peels, silicone injections).

Discomfort: I understand that the sensation generated by the light pulse is most commonly described as a rubber band snapping against the skin, and most individuals are able to tolerate this for the short duration of the treatment. I understand that I will have a sunburn-type sensation in the treatment area for several hours afterwards, and that topical anesthetics are available to decrease any perceived discomfort from the IPL treatment. If I desire a topical anesthetic, I will discuss this with my medical provider.

Skin Effects: I understand that acceptable results will likely take a number of treatments, usually four to six. The entire program should be planned at the outset so that you can have a set schedule to come in and to help you to have realistic expectations. Most people will typically experience transient temporary redness, bruising, swelling and flaking of pigmented areas. Discomfort can occur when a pulse is triggered in various degrees. Some describe the sensation as stinging, while others liken it to a rubber band snap. A burning sensation may last up to an hour after treatment. Some skin swelling (edema) may occur especially following facial treatments. Excessive swelling can occur immediately after treatment, especially around the nose and eyes the skin may swell temporarily. Swelling usually subsides within hours to as much as seven days. Bruising, blistering, scabbing, infection and other skin changes are also possible, although much less likely. Very rarely, a blue-purple bruise may appear on the treated area. It may last from 5 to 15 days. As the bruise fades, there may be rust-brown discoloration of this skin, which fades in 1 to 3 months. You can have damage to skin texture. A crust or blister may form, which may take from 5 to 10 days to heal. I understand that in most cases, all of these effects should resolve themselves within a few hours to several days following treatment.

Burns: There is a small chance of burns occurring on the skin. To reduce the possibility of burns from occurring, it is important to carefully follow all treatment instructions, and in particular performing test patches can be an option. I understand that cold compresses and recommended skin care products may be beneficial, and in extreme cases a mild steroid cream, to reduce swelling or antibiotic may be

necessary to prevent infection. After Treatment the skin at or near the treatment site may become fragile. If this happens, avoid makeup and do not rub the area, as this might tear the skin. Scarring is extremely rare and usually occurs in those with a predisposition such as a history of keloids or other excessive scarring. To reduce the chance of scarring, it is important to carefully follow all post-treatment instructions and exclude patients that have a genetic tendency for scarring.

I understand that IPL can cause pigmentation changes such as hypo-pigmentation (decreased skin coloration) or hyper-pigmentation (increased skin coloration) and, although rarely permanent, may last several weeks to months. For up to 15 days following treatment, pigmented lesions may become darker. I understand that post-treatment use of sunscreen is advised to minimize this risk, and that in some cases bleaching creams may provide additional benefit. I have been advised not to undergo IPL treatments if I have such a history and under these circumstances acknowledge that Paz Dermatology cannot guarantee the outcome of my treatments. I agree to carefully follow the pre and post-treatment instructions to reduce the likelihood or severity of any adverse skin changes. Intense Pulse Light is typically administered in a series of four to six treatments, performed at intervals of a minimum of three weeks.

A 3-week interval has proven optimal. However larger intervals do not appear to adversely influence treatment results. Spreading the treatment over this period provides a gradual improvement of the skin, a minimal risk of adverse effects, and preserves the important "no downtime" feature of the program. In rare cases where side effects do occur, postpone further treatments until after complete healing. The most common side effects are:

Long Term Risk: I understand that the risks of IPL treatments may not be fully known. The information presented to me is based on clinical studies conducted over a relatively short period of time. Although considered safe, Paz Dermatology cannot be held responsible for any IPL risk not yet discovered or commonly known.

Continued Consent: I agree that this consent shall apply to all subsequent IPL treatments.

Guarantee: I understand that although every reasonable effort will be made to achieve a desirable outcome no guarantees are stated or implied.

Authorization: I certify that I am a competent adult of at least 18 years of age. My signature attests to the fact that I have fully read this entire consent form, that I have access to the pre and post care instructions published on the website or available for print by Paz Dermatology, and that my questions or concerns have been answered to my satisfaction. I understand and agree with the information contained herein, and accept the risks inherent in undergoing this treatment. I hereby consent to the use of the IPL system in the hopes of attaining the desired benefits. I have read and understand the above consent and agree to proceed with the IPL treatment series.