



**White Salmon Family Practice
Cosmetic Dermatology
Informed Consent**

MICRONEEDLING, DERMAPLANING AND VI PEEL

By signing this consent form you are agreeing that you have been informed of known risks, benefits and alternatives related to receiving EITHER Microneedling or Vi Peel procedures

MICRONEEDLING

Microneedling is a facial cosmetic procedure that involves the use of a machine to penetrate the epidermal layer of the skin. A hand piece with multiple needles penetrates the skin's surface. The process increases the blood circulation leaving a smoother texture and promotes the growth of healthy new skin cells.

Indications for the use of Microneedling include the treatment of fine lines, wrinkles, sun damaged skin and age spots.

The goal of Microneedling, as in any cosmetic procedure, is aesthetic improvement and not perfection. The number of treatments will vary among individuals.

I am aware of the following possible complications with Microneedling:

- Discomfort during treatment
- Mild redness for up to 2 days
- Mild irritation immediately following the procedure
- Slight skin peeling and or flaking for up to 7 days following the procedure
- Herpes (fever blisters on the face and lip) if the virus is present in the body. If you are prone to breakouts an anti-viral should be taken 1 day pre-treatment and 3-7 days post treatment.

The potential risks, benefits and results of the Microneedling procedure have been fully discussed with me. I request the procedure described above.

DERMAPLANING

Dermaplaning is a skin care treatment that removes dead skin cells and vellus hair, aka peach fuzz. Your provider uses a small, sterile, surgical blade while holding the skin taut, while swiping the blade in gentle upward motions.

The blade is used on clean, dry skin on the forehead, cheeks, chin, nose and neck. "You can expect to see an instant improvement in skin texture and tone, while the long-term effects are increased cell turnover, fewer wrinkles and dark spots, reduction of acne scarring, and the removal of fine facial hair. Removing the peach fuzz is beneficial since the fine hairs trap debris and oils and give skin a dull look. After dermaplaning, skin care products and treatments perform much more efficiently since they can penetrate the skin more easily. While rare, occasionally you may experience a slight nick (similar to a papercut). These cuts generally heal quickly within a day or two.

VI PEEL

The Vi Peel is a medium level, medical grade Chemical Peel. Medical grade chemical peels are highly effective in promoting skin smoothness and vitality. The Vi Peel solution is applied to your skin where it burns the upper layer of skin to a predetermined depth. After a few days, the burned skin becomes leathery and eventually sloughs off, revealing healthy, flushed, youthful skin underneath. A Vi Peel can improve the overall color and freshness of your face while evening out your skin tone and texture. It can also help reduce the visibility of age spots and fine wrinkles and improve blotchiness and, in some cases, dark circles under the eyes. Since Vi Peels are medium peels (as opposed to deep peels), they are safe for people with olive and light brown skin. They have also been successful on darker skin tones, but the risk of discoloration is higher, the darker the skin tone.

Post Peel:

Healing is usually painless with no discomfort.

The skin may feel tight for 1-2 days before it peels.

Peeling usually begins on day 3 or 4 and lasts 2-3 days, some flakiness may last longer.

Some minor swelling may occur, usually around the eye area. Skin may become itchy.

In rare occasions, a herpes breakout may occur. If you have a history of cold sores, an anti-viral may be prescribed 3 days prior to treatment. If you develop a breakout post treatment, **contact us immediately.**

For Optimal Results and Healing:

DO NOT PICK, RUB, SCRATCH or FORCE any skin off.

Avoid sun exposure and use sunscreen.

Wash face with a gentle cleanser only.

Use a mild moisturizer (we recommend Aquafor) and keep skin well hydrated.

I understand the need to follow the post peel instructions.

I hereby declare that I have read and fully understand the information explained to me in this consent form. No guarantees were made regarding the results or potential risks. All my questions have been answered in a satisfactory manner and I give my consent for Debra Short, FNP, to perform MICRONEEDLING, DERMAPLANING OR VIPEEL OR A COMBINATION.

I agree that pre- & post-operative clinical photographs may be taken to monitor my treatment progress and for patient educational purposes. I understand that my identity will be protected.

I certify that I have read and understand the contents of this consent form. I have been given the opportunity to ask Provider Short any questions that I have about the procedure, and all of my questions have been answered. Provider Short has explained the procedure and its alternatives to me, and I both understand and accept the risks involved in this procedure.

Patient Name

Reviewed by: Debra Short, FNP

Date: _____ **Date:** _____