

## Northshore Acupuncture Center Microneedling

I consent to the treatment of microneedling to be carried out on myself.

The microneedling treatment allows for controlled induction of growth factor serums or hyaluronic acid, in to the skin's self-repair process by creating micro injuries in the skin. These injuries stimulate new collagen production, with extremely low risk of permanent scarring. Typical results are smoother, firmer and younger looking skin. The skin needling treatments are performed in a safe and precise manner with a sterile needle head and are usually completed in 30-60 minutes.

Contraindications:

**Absolute contraindications:** Accutane within 6 months, scleroderma, collagen vascular disease or cardiac abnormalities, rosacea, blood clotting problems, platelet abnormalities, anticoagulation therapy (ie, Plavix, Coumadin (warfarin), Heparin), facial cancer (past or present), chemotherapy, steroid therapy, dermatological diseases affecting the face (ie, porphyria), diabetes and other chronic conditions, active bacterial or fungal infections, immune suppression, scars less than 6 months old, and Botox/facial fillers in the past 2-4 weeks. Treatment is not recommended for patients who are pregnant or nursing.

**Precautions:** keloid or raised scarring, eczema, psoriasis, actinic keratosis, and herpes simplex.

Side effects typically include:

- Skin will be pink or red and may feel warm, like a mild sunburn, tight and itchy, which usually subsides in 12-24 hours.
- Minor flaking or dryness of the skin, with scab formation in rare cases.
- Crusting, discomfort, bruising and swelling may occur.
- Pinpoint bleeding.
- It is possible to have a cold sore flare if you have a history of outbreaks.
- Freckles may lighten temporarily or permanently disappear in treated areas.
- Infection is rare but if you see any signs of tender redness or puss, notify our practice immediately.
- Hyperpigmentation (darkening of the skin) rarely occurs and usually resolves itself after a month.
- Permanent scarring (less than 1%) is extremely rare.

Post-treatment Care:

- Wash the treated area with lukewarm water only, twice a day for the first 2 days. Wash your hands before you touch your face or scalp. Dry your skin with a clean towel. On days 3-7, wash with a gentle cleanser (or shampoo with a pH balanced shampoo in case of scalp treatments). After the first week, return to your normal skin care routine (or hair care routine in case of scalp treatments).
- Do not use Alpha Hydroxy Acid, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C scrubs, salicylic acids, benzoyl peroxides, or exfoliants on the treated areas for at least one week, and until the skin appears completely healed.
- Do not use any powered cleansing brushes for one week post-treatment.
- Do not go swimming for at least 24 hours post-treatment.
- Do not exercise or participate in strenuous activity that causes sweating or use a Jacuzzi, sauna or steam bath for at least 24 hours post-treatment

- Do not use makeup for 24 hours post-treatment. Mineral makeup is preferred after 24 hours. Remember to use clean make up applicators.
- Stay out of the sun for 24 hours post-treatment. For the first two weeks, avoid prolonged exposure to direct sunlight as you will be more prone to sun damage than usual. After a week, apply a mineral sunscreen every time you go outside and/or wear a hat.
- Do not use tanning beds for at least one week, and until the skin appears completely healed.
- Do not take anti-inflammatory medications or supplements for one week post-treatment. If you take aspirin for cardiac reasons, please continue to do so even though it may impact your results. Do not use ice on your face or scalp, and avoid using arnica or bromelain. These may interfere with the natural inflammatory process that is critical for your skin rejuvenation. You may take acetaminophen (Tylenol) and apply aloe vera to the treated area to alleviate any discomfort.
- Avoid alcohol, caffeine, and cigarettes for 3 days after treatment. Smokers do not heal well and results may take longer
- Keep your cell phone clean or use earbuds for the first 72 hours.
- Do not wax, thread or use depilatory creams or electrolysis to the treated areas for one week post-treatment.
- In case of scalp treatments, avoid resuming Minoxidil (Formula 82M, Rogaine®) or hair coloring or straightening for 3 days post-treatment.
- You may use hyaluronic acid if your skin feels dry. It will help stimulate collagen production.
- Drink lots of water. Hydration is important after a microneedling treatment because water is essential to collagen production.

To proceed with receiving care, I confirm and understand the following (Initial in all four places provided)

\_\_\_\_\_ I have been informed about the treatment, procedure, indications, expected results and possible side effects.

\_\_\_\_\_ Although the results are usually noticeable, I have been informed that the practice of medicine is not an exact science and that no guarantee can be or have been made concerning the expected results in my case.

\_\_\_\_\_ I am undergoing treatment of my own free will. I agree that this procedure is being performed for cosmetic reasons. I am also aware of and accept the risk of unforeseen complications that may not have been discussed and which may result from this treatment.

\_\_\_\_\_ I acknowledge my obligation to follow the instructions closely and visit the practice as directed. I certify that I have read the above consent agreement and post-treatment instructions and fully understand it. These items have been reviewed and discussed with the Acupuncturist and all my questions have been answered to my satisfaction. I also agree to hold harmless and release from any liability Northshore Acupuncture Center or any of its officers, directors, and/or employees for any condition or result, known or unknown that may arise as a result of any treatment that I receive.

Patient Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Patient Name: \_\_\_\_\_