



RADIO FREQUENCY

Consents

INFORMED CONSENT FOR RADIO FREQUENCY (RF) MICRONEEDLING SKIN TREATMENT:

Radio frequency (RF) microneedling skin treatment combines two complementary modalities—microneedling and RF energy—in the hope of providing better results than either treatment can achieve alone. The device uses many small needles that allows for controlled induction of the skin’s self-repair mechanism by creating micro “injuries” in the skin, which trigger new collagen synthesis yet does not pose the risk of permanent scarring. The needles are also used to direct RF energy to selectively heat the surrounding tissue, which also stimulates collagen production in the skin. The result is smoother, firmed and younger looking skin. RF microneedling procedures are performed in a safe and precise manner with the use of a sterile microneedle head. The procedure is normally completed within 30 - 60 minutes, depending on the required treatment and anatomical site.

There are alternative treatments to RF microneedling that are non-surgical and surgical. The non-surgical alternatives consist of skin tightening procedures using other forms of energy such as lasers or intense pulsed light, injections of dermal fillers, chemical peels or dermabrasion treatments. The surgical alternatives to RF microneedling are liposuction, facelift and several others. Risks and potential complications are associated with RF microneedling as well as alternate forms of treatment. Although the majority of patients do not experience complications, there are risks of RF microneedling; they can include but are not limited to the following:

- **Skin pigmentation changes:** The treated area may heal with increased or decreased pigmentation (skin coloring). This occurs most often with darker pigmented skin and after exposure of the area to the sun. This is most common in people who have experienced this type of reaction before, such as with minor cuts or abrasions. These darker spots usually fade in three to six months but sometimes are permanent. A lightening of the skin (hypopigmentation) is also possible but is a very uncommon.
- **Temporary pain or sensitivity:** This tends to occur during the treatment; it does not usually persist long past the treatment.
- **Redness and swelling:** After the procedure, the skin will be red and flushed in appearance, similar to a moderate sunburn. You may also experience skin tightness, mild bruising and mild sensitivity to touch on the area being treated. This will diminish greatly after a few hours following treatments. Within 24 hours the skin is usually completely healed. Redness (erythema) of the treatment area usually declines after three to five days, though this may take longer in some individuals. Swelling generally can last three to five

days. In rare instances, the treatment may cause bruising. You are advised to avoid direct sun exposure to the recently treated area and to use SPF 30 or higher.

- **Blistering/burns:** The procedure may produce heating in the upper layers of the skin resulting in blister formation. The blisters, which are uncommon, usually clear within two to four days.
- **Scabbing:** A scab or crust may develop when blisters or burns occur. The scabbing disappears during the natural wound healing process of the skin over five to 10 days.
- **Infection:** Infection is rare following treatment if after-care instructions are followed.
- **Scarring:** Rarely the treatment can cause skin scarring because of the heat delivered to the skin. The types of possible scars include raised scars or slightly depressed scars.
- **Altered sensation:** Rarely there may be altered sensation that is permanent or transient due to nerve damage at the treatment site.

RF microneedling is not recommended for those with keloid scars; a history of eczema, psoriasis and other chronic conditions; a history of actinic (solar) keratosis; a history of herpes simplex infections; a history of diabetes; or the presence of raised moles or warts on the targeted area.

Absolute contraindications include scleroderma, collagen vascular diseases or cardiac abnormalities, blood-clotting problems, an active bacterial or fungal infection, and immune-suppression. RF microneedling is not recommended for women who are pregnant or nursing.

I have discussed pain management strategies and risks with my provider. I consent to the administration of such anesthetics considered necessary or advisable. I understand that all forms of anesthetics involve risk and possibility of complications, injury and sometimes death.

I acknowledge that while good results are expected, I may be disappointed with the results of the procedure. I understand there is no guarantee of results of any treatment. Even though appropriate measures are taken to reduce side effects, they cannot be completely eliminated in every case. I understand that the treatment may involve risks of complication or injury from both known and unknown causes. I agree to follow the pre- and post-treatment instructions carefully. I understand that compliance with the recommended pre- and post-procedure guidelines is crucial for healing and reducing the risk of complications.

I am aware that follow-up treatments may be necessary for desired results. Clinical results will vary per patient. There may be other treatment options to achieve similar effects, and I have discussed these. With this in mind, I am choosing this non-invasive RF microneedling treatment. The nature, risks and purpose of the treatment have been explained to me and all my questions have been answered to my satisfaction. I, therefore, consent to this treatment.

Printed Name:_____

Signature:_____ Date:_____