



Informed Consent & Release for Microdermabrasion

Name: _____
First Middle Last

Please read thoroughly, initial each statement and sign at the bottom.

I, _____ authorize the Skin Care specialist at Spa 360 to perform the Diamond Tome Microdermabrasion skin exfoliation treatment on me.

Area(s) to be treated: _____

_____ The nature and purpose of microdermabrasion has been explained to me and all of my questions regarding this treatment have been explained to my satisfaction.

_____ I understand that certain risks such as complications or side effects, from known or unknown causes, may occur. I freely assume these risks.

_____ Possible side effects include, but are not limited to the following: mild redness, extreme redness, bruising, local swelling, stinging, tenderness, dry skin, flaking, lightening or darkening of the skin, infections, pimples, bumpy appearance, and/or cold sores.

_____ If I am prone to cold sores, I must see my Physician for a prescription to treat the symptom OR I must take daily supplements of L-Lysine, beta carotene, and folic acid.

_____ I will call my Skin Care Specialist of any complications or concerns I may have if they occur.

The following is recommended during the 72 hours post microdermabrasion in order to optimize results:

- Discontinue the use of ALL Alpha Hydroxy Acids (including Glycolic), Retin-A, and all other exfoliating products.
- Use hydrating, soothing skin care products that contain antioxidants.
- Use cold compresses to reduce swelling and inflammation.
- Avoid sun exposure.
- Use a broad spectrum sun block or sunscreen with a minimum of SPF 15 **at all times**.

Client Signature

Date

Skin Care Specialist

Date

Revised March 1, 2014



Microdermabrasion Post Treatment Care

Do not use retinoid products (Retin-A-, Renova, Retinol), Alpha Hydroxy Acid, or any other exfoliating products during the first three days after each treatment. You may resume your normal skin care regimen on the fourth day.

Use a mild cleanser and moisturizer during the first three days after the treatment. We recommend the SkinCeuticals line of products for this period.

Always use a broad spectrum sun block or sunscreen of at least SPF 15 every day.

NO exposure of treated areas to sun light or tanning beds for at least 48 hours post treatment.

NO waxing of treated areas within 7 days prior or post microdermabrasion.

What to expect after treatment.

Your skin may feel tight, sensitive, or possibly "windblown", like your skin has been exposed to the sun and wind for a long period of time, for 24 to 48 hours post treatment. Some people experience slight to moderate peeling for up to seven days.

Deeper treatment for shallow scars or moderate to heavy sun damaged skin may appear red and swollen for a few hours. Some people who have sensitive skin may appear this way for a few days.

A treatment may sometimes leave "stripes" or red lines that resemble cat scratches. This symptom is temporary and may relate to sensitivity.

**As always, we encourage you to call with any questions or concerns that you may have:
(970) 482-3473**