

# ESSENTIALS MEDI SPA

## Derma-planing Consent Form & Post Care Instructions

Patient Name: \_\_\_\_\_ Treatment Date: \_\_\_\_\_

### I understand that a derma-planing treatment:

- Involves the use of a surgical blade
- Exfoliates the top layer of dead skin and removes vellus hair (peach fuzz)
- May cause redness to the areas treated
- May feel tight and dry for 1-2 days following the treatment
- New hair will not appear darker or denser
- Should not be done if I am under great physical or mental stress

### To determine if I am a good candidate, I have disclosed to the medi-spa professional if:

- I have taken Accutane within the last 6-12 months (Accutane causes dryness and thins the skin, so it is not advisable to proceed).
- I have recently used Retin A, Vitamin A, or Retinol (it is recommended to stop the use of these products for 7 days before and 7 days after).
- I have open cuts, scratches or any form of rash.
- I have had facial surgery within the last 3 months.
- I have had Botox, filler, or chemical peels, or laser treatment within the last 2 weeks.
- I am undergoing cancer treatments.
- I have epilepsy.
- I have a tendency to form raised or keloid scars.
- I have non-controlled diabetes or a hormone imbalance.
- I take a blood thinner or I am hemophilic.
- I have active or frequent cold sores.
- I have psoriasis, eczema, or another form of dermatitis.
- I have raised acne or lesions (like age spots, seborrheic keratosis, or other moles). These may be nicked and cause bleeding if trying to treat close to those areas (or they can be avoided).
- I have very sensitive skin or rosacea.
- I have a sunburn.

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### Risks:

- Due to the sharp scalpel blade there is a possibility of nicks, cuts, bleeding, or scarring. If this happens, you will be informed immediately, and first aid will be administered as necessary.
- Redness/Dryness can occur for, in most cases 1-2 days, but could last longer.
- If a chemical peel follows this treatment, I understand that the sensation and penetration of the peel will be enhanced. Enhanced intensity may cause skin irritation, mild discomfort, tenderness, lightening or darkening of the skin, infection, scarring, peeling, and activation of cold sores.

### What to do Before:

- ✓ Accutane should be stopped for 6-12 months prior (as per Health Canada guidelines)
- ✓ Within 14 days of appointment refrain from having Botox/Filler/Chemical Peels/Laser Treatments
- ✓ Within 7 days of appointment stop using Retinol, Retin-A or Vitamin A, or acidic products such as Alpha Hydroxy Acid (AHA), Beta Hydroxy Acid (BHA), Glycolic or Salicylic Acid.
- ✓ Call to postpone if you have inflamed acne, open cuts or scratches.
- ✓ I acknowledge that I have read this information and give my consent to be treated. This consent is valid for all future derma-planing treatments. I will inform staff if and when there are any future changes to my medical history.

### What to do After:

- ✓ I've been told where to find post-care instructions at [www.essentialsmedispa.ca](http://www.essentialsmedispa.ca).
- ✓ On the day of my treatment (or if redness/sensitivity is present) I will avoid hot environments (sunny days outdoors/tanning beds/saunas/hot tubs or showers) or vigorous exercise. I will use the post care treatment products for 7 days.
- ✓ I will refrain from sun exposure for 2 days and will use SPF 30 or higher when outdoors.
- ✓ I will not pick, scratch, pull, or rub my skin as this will harm my skin and can scar/lead to pigmentation changes.
- ✓ I will refrain from Botox, filler, strong chemical peels or laser treatments for 2 weeks.

**Signatures →**      **Patient:** \_\_\_\_\_      **Esthetician:** \_\_\_\_\_