

IPL Consent Form

Name: _____ Age: _____ Date of Birth: _____

City: _____ State: _____

Gender: M F

Address: _____ Zip: _____

Telephone: Home: _____ Cell: _____

E-mail: _____

How did you hear about our MedSpa? _____

In case of emergency, whom should we contact? _____

Phone: _____

Medical History Have you ever had (please check all that apply):

- ☐ Heart disease
- ☐ Diabetes
- ☐ Heart attack or chest pain
- ☐ Easy bleeding or bruising
- ☐ Hypertension
- ☐ Delayed or abnormal wound healing
- ☐ Heart pacemaker or defibrillator Hepatitis
- ☐ Eye conditions
- ☐ HIV or AIDS
- ☐ Endocrine or hormone disorder
- ☐ Current or recent pregnancy

List any active medical problems you have: _____

List any medications you currently take: _____

List any medication allergies you have: _____

Are you allergic to any metals?: _____

Are you allergic to latex? _____

Do you use any tobacco products?: _____

List any surgical operations you have had: _____

Have you ever had (please check all that apply):

- ☐ Chronic skin conditions
- ☐ Skin cancer
- ☐ Laser skin resurfacing

- ☐ Photosensitivity
- ☐ Herpes simplex or cold sores
- ☐ Chemical peel
- ☐ Keloid or hypertrophic scar
- ☐ Accutane use for acne
- ☐ Botox® injection
- ☐ Pigmentation disorder
- ☐ Tetracycline use for acne
- ☐ Injection of collagen or other dermal filler
- ☐ Recent waxing or plucking
- ☐ Electrolysis or threading
- ☐ Recent sunburn or tan (include tanning bed)

What is your ethnic background?: _____

When exposed to the sun, do you usually:

- ☐ Always burn, never tan
- ☐ Burn easily, tan poorly
- ☐ Tan after initial burn
- ☐ Burn minimally, tan easily
- ☐ Rarely burn, tan darkly easily
- ☐ Never burn, always tan darkly

Do you use sunscreen regularly?: _____

Do you use artificial or "sunless" tanning products?: _____

List any special skin care products you use: _____

Client Signature: _____

Date: _____

Parent or Guardian (if Patient is under 18 years of age): _____

Fitzpatrick skin type assessment

What color are your eyes?

0 – Light blue, gray, green

1- Blue, gray, or green

2 – Blue

3 – Dark Brown

4 – Brownish Black

What is your natural hair color?

0 – Sandy red

1 – Blonde

2 – Chestnut/ Dark Blonde

3 – Dark brown

4 – Black

What is your skin color (unexposed areas)?

0 – Reddish

1 – Very Pale

2 – Pale with a beige tint

3 – Light brown

4 – Dark brown

Do you have freckles on unexposed areas?

0 – Many

1 – Several

2 – Few

3 – Incidental

4 – None

What happens when you stay too long in the sun?

0 – Painful redness, blistering, peeling

1 – Blistering followed by peeling

2 – Burns sometimes followed by peeling

3 – Rare burns

4 – Never had burns

To what degree do you turn brown?

0 – Hardly or not at all

1 – Light color tan

2 – Reasonable tan

3 – Tan very easily

4 – Turn dark brown quickly

Do you turn brown after several hours of sun exposure?

- 0 – Never
- 1 – Seldom
- 2 – Sometimes
- 3 – Often
- 4 – Always

How does your face react to the sun?

- 0 – Very sensitive
- 1 – Sensitive
- 2 – Normal
- 3 – Very resistant
- 4 – Never had a problem

When did you last expose your body to the sun (or artificial sunlamp/tanning cream)?

- 1 – More than 3 months ago
- 2 – 2-3 months ago
- 3 – 12 months ago
- 4 – Less than a month ago
- 5 – Less than 2 weeks ago

Do you expose your face to the sun? *(for the purpose of this quiz we have changed this question from the original: Did you expose the area to be treated to the sun?)*

- 1 – Never
- 2 – Hardly ever
- 3 – Sometimes
- 4 – Often
- 5 – Always

Total up your points and match your score below to find your skin type.

FITZPATRICK SCALE QUIZ SCORE

- 0-7 = Type I
- 8-16 = Type II

17-25 = Type III

25-30 = Type IV

Over 30 = Type V-VI

_____(Initial here) IPL PULSED LIGHT
intense Pulsed Light (IPL) Information Sheet

Pulses of non-invasive light safely penetrate the skin and are selectively absorbed by vascular and pigmented irregularities. This raises the temperature of the target cells and destroys them without damaging the skin.

_____(Initial here) Pigmentation

Pigmentation absorbs the light rays, converts it to heat energy and fragments it. The denatured pigment goes darker, and then flakes and falls over the next 4 to 14 days. Most people have significant changes after 1 to 2 treatments. Intense pulsed light can improve most types of pigmentation, and is especially good for sun damage/ age spots/ liver spots/ commonly found on the . face, chest, neck and hands.

Melasma is a pigmentation problem related to hormones, commonly pronounced during pregnancy, or while taking a contraceptive pill. IPL can often be used successfully to treat this residual pigment, although it can be more difficult

_____(Initial here) Rosacea / Redness and Blood Vessels / Birth Marks/Spider Veins
Broken/capillaries, rosacea and port wine stains, on the face and neck, can be significantly improved with IPL

IPL can reduce rosacea and redness by 70-70% or more in many people. The light rays are attracted to hemoglobin (the red pigment in blood) converting to heat energy, which then seals the blood vessels. Most people see a significant improvement after 1 to 3 treatments. Results can be permanent, although some people will return for repeat treatments after 1 to 2 years.

_____(Initial here) Skin Rejuvenation and Acne

IPL increases collagen synthesis and reduces wrinkles and pore size, resulting in smoother, firmer skin. The heat generated from the treatment causes trauma to the skin, stimulating new cell growth and collagen production. Improvement to acne or blemishes from IPL treatments have been observed.

_____(Initial here) Permanent Hair Reduction

The light absorbed by the dark pigment in the hair shaft, and the resulting heat is transmitted to the hair follicle, destroying it.

Hair grows in 3 stages. Anagen (growth), Catagen (transition), Telagen (resting). IPL will only eradicate hair in the active phase of growth. Therefore a series of treatments will be required to eliminate hair in any one area, as it goes through its hair cycles. Some hair will remain dormant under the skin, different stimulants such as pregnancy, puberty, menopause, stress and medication will trigger these dormant hairs to grow. Therefore some people may require a repeat treatment every few years.

Possible Side Effects

Some people may experience temporary side effects such as swelling, transient redness, a bruise, a blister, a grazed look and hyperpigmentation. In extremely rare cases allergic type symptoms have occurred including skin rash/ hives, itchiness, excessive swelling, persisting heat and skin redness.

Aftercare Instructions

- Apply ice to the treated area to reduce swelling.
- Use sunscreen SPF 30+ daily.
- Avoid all UV ray exposure or tanning/ fake tan on treated areas for 4 weeks prior to and after treatment
- Mild redness, swelling, grazing or bruising may occur, but should settle within a few days. If this does not settle, is excessive or you have any concerns/ questions following your treatment, please contact the clinic for advice.
- If crusting/ blister should occur, we recommend you apply Vaseline to keep it moist.
- Pigmentation may appear darker for approximately 2 weeks but will gently flake off. Do not pick
- Hair can take 1 to 2 weeks to fall out after treatment.
- Do not wax, pluck or have electrolysis on the area being treated with IPL for hair removal.

Patient Signature_____ Date_____

Witness Signature_____ Date_____