

## PRP Facial/Facelift/Injection Consent

Platelet Rich Plasma (PRP) Facial is a procedure used to help improve skin tone, elasticity and texture and reduce the appearance of fine lines, wrinkles, and scarring. The treatment combines microneedling with superficial PRP application of the face and neck region. Both PRP and microneedling trigger the body's natural healing response, stimulating the release of tissue growth factors, resulting in an increased production of collagen and elastin. For more pronounced skin deficits (eg. smile lines, acne scars), PRP may be injected deeper into targeted areas for more of a "filling" effect, this procedure is referred to as PRP Facelift.

### Patient Pre-treatment instructions:

- Drink plenty of fluids in the 24 hours prior to your treatment.
- Eat something within 2-3 hours of your treatment. Do NOT come fasting.
- Do not put on any makeup, creams, oils prior to treatment. If coming from work, clean face with a mild cleanser prior to treatment.
- You will have a numbing cream applied to your skin. Inform the provider before treatment if you:
  - Have any known allergies or sensitivities to anesthetics
  - Have particularly difficult veins for blood draws
  - Suffer from anxiety or panic attacks

### Potential Risks:

- Bruising.
- Allergic response or anaphylaxis, particularly to anesthetics and ingredients in topical creams.
- Pain at injection sites.
- Nerve damage from injections.
- Very small risk of infection, although even less when using PRP with injections.

### Procedure:

- Please arrive with cleansed skin
- "Before" pictures taken.
- Topical anesthetic applied [30 minutes].
- Blood drawn & taken out of the room for processing into PRP.
- Topical anesthetic removed with a warm towel.
- Microneedling procedure and/or laser treatment completed.
- PRP applied and massaged into face
- Injection of PRP into pre-determined, targeted areas.
- PRP to remain on face for 1.5 hours to allow for pores to close.

### Patient post-treatment instructions:

- Avoid washing face x 90 min (at least) after procedure.
- After treatment, if cleansing & moisturizing skin at home, use gentle, non-toxic products.
- If you received injections, ice the region for the next 24 hours, for no more than 10 minutes at a time.
- Bruising may occur in the area around injection sites and may persist up to 7-10 days. Make-up may be worn to cover-up bruising.
- You should not expect any significant pain. There may be tenderness around injections sites. Avoid taking NSAIDs to manage any discomfort. Tylenol recommended.
- Makeup application over micro-needled areas should ideally be avoided for the next 24 hours. Mineral make up preferred.
- Avoid exfoliation, picking at scabs until skin has healed, approximately 7 days.
- Use mineral based sunscreen (ie Titanium dioxide and Zinc oxide) and avoid direct sun x7 days.

**Expected Results:**

- PRP Facial (PRP with Microneedling only): You will likely notice an increased "glow" to your skin within 24-48 hours following the treatment. Gradually over the next 2-4 weeks, improvements in the skin quality become more evident and persistent, generally peaking at about 8 weeks and persisting for up to 1-2 years. Since the treatment stimulates the body's own collagen production, results diminish with your body's natural aging process.
- PRP Facelift (PRP with Microneedling + PRP injections): You will notice swelling and changes in skin texture around sites of injection for the first few days following injections. The swelling will then decrease for a few weeks, after which you will notice a gradual improvement in skin texture and wrinkle reduction over the next 2-4 months, noticeable after 3-4 weeks. There is an increased risk of bruising and swelling from this procedure, most notably around eyes.

**General recommendations:**

- 3 initial treatments, spaced approximately 4 weeks apart, are recommended for best results.
- Maintenance treatments should be done every 6- 12 months, depending on sun exposure, lifestyle factors (ie. smoking, etc), and individual aesthetic goals.
- Follow-up appointment 4 weeks after initial visit or repeat treatment.

**Consent to treatment:**

I have read and understand the risks and benefits of PRP Skin Rejuvenation, and wish to proceed with the procedure described above.

Although it is impossible to list every potential risk and complication, I have been informed of possible benefits, risks, and complications. I also recognize there are no guaranteed results and that independent results are dependent on age, skin condition, pre-existing conditions, and lifestyle and that there is the possibility I may require further treatments of the treated areas to obtain the expected results at an additional cost. I understand the post-care treatment and home-care instructions given to me by my provider.

In the event that I may have additional questions or concerns regarding my treatment, post-care, and suggested home product regimen, I will consult with my provider immediately. I have also, to the best of my knowledge given an accurate account of my medical history, including all known allergies or prescription drugs or products I am currently ingesting or using topically. I have read and fully understand this agreement and all the information detailed above. I understand the procedure and the risks. All of my questions have been answered to my satisfaction and I consent to the terms of this agreement. I do not hold my provider, or 18 Spa responsible for any of the conditions that were present, but not disclosed at the time of this procedure/treatment as well as during the course or treatment, which may be guided by the treatment form today.

This consent form is valid until all or part is revoked by me in writing. I understand that this consent is valid for all future PRP treatments as well.

Client Name (printed) \_\_\_\_\_ Date \_\_\_\_\_

Client Name (signature) \_\_\_\_\_

Skin Care Professional (signature) \_\_\_\_\_