

Universal Medical Aesthetics Consultation and Consent Form

Title _____ First Name _____ Surname _____

Address _____

Occupation _____ Email Address _____

Mobile _____ Home Ph _____

Date of Birth _____ Ethnic Background _____

Family Doctor Name and Contact No: _____

Emergency Contact Name and Telephone _____ Relationship _____

How did you find out about our salon? _____

Type of Treatment

Hair Removal Skin Tone Correction Skin Clearing Redness Reduction Skin Rejuvenation

Area(s) of concern _____

What method of hair removal do you currently use (if applicable tick below) _____

How often? _____

Tweezing Depilatory creams Shaving Emjy Waxing Electrolysis Other _____

Is there a family history of superfluous (excess) hair? Yes No Details _____

When did you notice excess hair development?

Do you have any current or chronic medical illnesses? Yes No Details _____

Are you currently under a doctor's care? Yes No Details _____

Are you taking any photosensitising medication? Yes No Details _____

(ie. Anti-depressants, St. John's Wart etc?)

Permanent makeup, implants or tattoos? Yes No Details _____

Botox, dermal fillers etc or chemical peels (within 12mths) Yes No Note: some products can react with IPL

Do you smoke? Yes No If so, how many per day? _____

Do you have any allergies? Yes No If so, please list _____

How would you rate your skin in the area to be treated?

- Type I Always burn, never tan. Extremely fair skin/blonde hair/blue/green eyes
- Type II Usually burn, tan less than about average. Fair skin, sandy brown to brown hair, green/blue eyes
- Type III Sometimes burns, gradually tans about average. Medium skin, brown hair, green/brown eyes
- Type IV Sometimes burns, tans Light brown or olive skin, dark brown eyes and hair.
- Type V Rarely burns, tans profusely. Dark brown skin, black hair, black eyes
- Type VI Deeply pigmented, never burns. Black skin, black hair, black eyes

Test Patch – IPL Clinician to complete

Test Patch Date _____ Skin Type/Score _____

Price and Package _____

Recommendations _____

Hair Removal Skin Tone Correction Skin Clearing Redness Reduction Skin Rejuvenation

Area:	Test 1	Test 2	Test 3	Hand Piece Size	Filter

Client Treatment Report

Date of Treatment	Clinician Name & Signature	Treatment Details	Settings Used	Amount Paid	Payment Details	

Medical Informed Consent

I consent and authorise Universal Medical Aesthetics to perform pulsed light treatment on me. I understand the following points and have had the opportunity to ask questions during my consultation.

In relation to IPL hair removal treatments, I have been advised as follows:

1. Treatment is successful on most clients but my individual results cannot be guaranteed
2. Most clients require 8 to 10 treatments to achieve up to 80% hair removal, some may require more. Hair loss is variable and individual results depend on many factors, thus it is extremely difficult to advise on exact number of treatments required
3. Light blonde, grey, and white hair does not respond to IPL treatment
4. Fine facial hair takes longer to respond to treatment than hair in other areas and will require additional treatments
5. Darker skin type clients will require additional treatments
6. Exposure to UV Rays will compromise my treatment, therefore I will use SPF 30+ sunscreen
7. Growth of dormant follicles that may be triggered by hormonal changes (eg. stress, illness, medications, pregnancy, trauma or other causes) can stimulate future hair growth
8. Not following the program regarding timing of treatments will reduce efficacy of my treatment

In relation to IPL skin-rejuvenation treatments, I have been advised as follows:

1. Treatment is successful on most clients but my individual results cannot be guaranteed
2. Most clients will require 4 treatments for successful reduction of pigmentation/capillaries and results are variable
3. Darker pigmentation responds better to treatment than lighter pigmentation, and micro-crusting will occur
4. Exposure to UV Rays will cause pigmentation to darken again, skin care is essential
5. Redness may re-appear within 7 days after treatment, whilst the capillary is still compromised, a further treatment is highly recommended within 14 days, Failure to do so, will reduce efficacy of treatment

Risks associated with IPL treatments (hair removal and skin-rejuvenation)

Even though the risk of complication is extremely low, the following can occur: (Please Tick)

- Skin Tone changes (light or dark spots on the skin) lasting 1-6 months. Freckles may temporarily or permanently disappear in treated areas. Other potential risk include crusting, itching, pain, bruising, pimple-like bumps, dry skin, hypopigmentation (lightening of the skin), hyperpigmentation (darkening of the skin), blistering, burns, infection, scabbing, swelling, a very small risk of scarring and a failure to achieve the desired result
- Allergic or delayed inflammatory reactions can develop. A test patch is performed to ascertain reaction of the skin to IPL
- Intense Pulsed Light Systems can cause eye injury and protective eyewear must be worn during treatment
- Prior to initiation of treatment, any sun spots should be correctly identified by a physician to be benign and recommended for light based treatment.
- I consent to photographs taken to evaluate effectiveness. Photographs revealing my identity will not be used without consent
- I understand the sensation of light based treatments is sometimes uncomfortable and feels like a flicking sensation
- I am aged 18 years or over (otherwise parent or guardian to sign)
- I will advise Universal Medical Aesthetics of any changes that occur during my treatment that can increase potential risks or reduce efficacy

I also understand that there will be no refund for any performed services

In relation to my initial and all subsequent treatments I advise that: (Please Tick)

- I have not had unprotected sun exposure (including tanning beds and fake tan creams) in the last 4 weeks
- I have not used mechanical epilation, waxed or tweezed
- I have no history of seizures and I have disclosed all known allergies (e.g. Latex, etc)
- I am not taking medications causing photosensitivity (prescription/non-prescription) eg. St John's Wort, Anti-coagulants, etc
- I do not have a history of keloid & hypertrophic scar formation
- I do not have active infections/Immunosuppression
- I do not have open lesions in the areas to be treated
- I do not have Herpes I or II - in the areas to be treated
- I have not used Tretinoin (Retin -A, Renova) within the last 2 weeks.
- I have not had Laser Resurfacing within the last 6 months
- I have not a Chemical Peel - within the last 4 weeks
- I have not used Oral isotretinoin/Accutane - within the last 6 months
- I have advised my clinician if I am diabetic

I am not pregnant, do not have hormonal imbalances or taking any medication which may affect treatment outcomes

I have received the Pre and Post Care Information Sheet. I agree to adhere to all these recommendations

If my treatments related to facial hair reduction, I have been advised of the possibility of on-going long term maintenance.

Cancellations: (See Cancellation Policy)

I have read all of the above and had all my questions satisfactorily answered. Note: Do not sign this form until you have read and understood all of the above.

Name in Full _____ Date _____

Signature _____ Clinician (witness) _____

Pre and Post Care Information Sheet (client copy)

Pre IPL Treatment Recommendations (Hair Removal)

- Do not wax, pluck, use depilatory creams or undertake electrolysis for 4 weeks prior to treatment, and in between treatments
- Do not use prescription strength exfoliant creams (Retin-A and Alpha Hydroxy) for 2 weeks prior to treatment
- Do not shave for up to 2 weeks prior to first treatment. Please shave the night before all subsequent treatments
- Avoid tanning, including self-tanning lotions, tanning bed/booths or sun exposure, for 4 weeks prior to and in between treatments. A sunscreen with SPF 30 or greater should be used on any area of sun-exposed skin, which you plan to treat

Post IPL Treatment Recommendations (Hair Removal)

- A mild sunburn-like sensation is anticipated. This usually resolves within 2-3 hours of treatment but may persist for up to 2 days. Application of chilled aloe vera gel or an ice pack every hour for 5 to 10 minutes may be soothing to the skin. Continue until symptoms subside
- Avoid sun exposure to treated areas. Apply a sun block with SPF 30 or greater daily to sun-exposed treated areas between treatments and for 4-6 weeks after last treatment
- Bathe or shower as usual. Treated areas may be temperature sensitive. Avoid use of strongly scented lotions or soaps, prescription strength exfoliant creams, loofah sponges, and aggressive scrubbing to treated areas during healing phase
- Allow any blistered or open areas to heal spontaneously. If healing is delayed, a thin coating of antibiotic ointment may be advised. Do not pick at these areas. Picking may result in infection or scarring. Allow any crusting to heal spontaneously, crusting will resolve in 3 to 14 days. Application of antibiotic ointment is not recommended for crusting
- Appearance of "stubble" may appear in 1 to 4 weeks. This is not hair re-growth. It is the remnant of treated hairs being expelled from the IPL-damaged follicle. Allow this hair to fall out of the skin on its own or by gently washing with a warm wet washcloth. Do not pluck or tweeze. You may shave during this period
- Best results are obtained on clients who have follow up treatment immediately after hair starts to grow. Your clinician will advise you when you should schedule your next appointment. It is important to adhere to this regime

Redness Reduction Post Treatment

- A mild sunburn-like sensation is expected. This usually lasts 2 to 24 hours but can persist up to 72 hours. Mild swelling and/or redness may accompany this, which usually resolves in 2 to 3 days. In some cases, prolonged redness or blistering may occur
- The treated area may initially look raised and/or darker with a reddened perimeter. Apply cool/ice compresses to treatment areas for 10 to 15 minutes every hour for the next 4 hours, as needed, to reduce discomfort and heat sensation
- The treated area will gradually turn darker over the next 24 to 48 hours. It may turn dark brown or even black
- The treated area will progress to scabs/crusting and will start flaking off in 2 to 3 days
- The treated area is usually healed in 7-10 days. It will continue to fade over the next 2 to 4 weeks
- Direct sunlight to the treated area should be avoided. Daily application of a SPF30 is recommended to prevent development of new lesions
- There is a possibility of hair loss in the treated area, when being treated for pigmented lesions

Redness Reduction Post Treatment Recommendations

- Mild sunburn-like sensation is expected. It usually lasts 2 to 24 hours but can persist up to 72 hours. Mild swelling and/or redness may accompany this, which usually resolves in 2 to 3 days. This can be treated with cold packs
- Apply cool/ice compress to treatment areas for 10 to 15 minutes every hour for the next 4 hours, as needed, to reduce discomfort and heat sensation
- The treated area can be gently cleansed and topical bactericidal ointment can be applied if needed
- The vessels undergo immediate greying or blanching. In some cases, only a slight purplish change is noted. Vessels either fully or partially resolve in about 10 to 14 days and areas of diffuse flushing gradually fade leaving skin with normal appearance.

IMPORTANT - With all IPL treatments described above, the following recommendations apply:

- Until redness has completely resolved, avoid all of the following:
 - × Applying cosmetics on treated areas
 - × Swimming, especially in pools with chemical/chlorine
 - × Hot tubs and jacuzzis
 - × Activities that cause excessive perspiration
 - × Avoid sun exposure to treated areas
- Do not pick, scratch or remove scabs as this will cause unwanted side effects
- Apply a sunscreen with SPF 30+ daily to sun exposed skin, AND REAPPLY AS DIRECTED BY PRODUCT INSTRUCTIONS
- Increased photosensitivity to UV, Laser and IPL can occur when taking certain medications. During your treatment programme, if you have commenced or changed dosage with the following medications, you must advise your clinician:
 1. Antibiotics – doxycycline (acne), minocycline, Tetracyclines, Sulphonamides
 2. Antihistamines – Diphenhydramone, Cyproheptadine
 3. Antidepressants
 4. Herbal preparations – St John's wort, Ginkgo Biloba, citrus oils, Herbal HRT therapies

Taking these medications does not exclude you from IPL treatments; however, extra precautions are applicable in these cases

For ANY concerns or adverse reactions please contact Universal Medical Aesthetics or your local Dr.