

PRE-TREATMENT INSTRUCTIONS

Intense Pulsed Light (IPL)

1. An accurate diagnosis by a physician is necessary before treatment of brown spots.
2. Discontinue: sun tanning, use of tanning beds and any application of sunless tanning products one month (4 weeks) before your first treatment and throughout the treatment course, (the change in color of your skin tone will adversely affect your desired outcome).
3. Always use an SPF 30 or greater sunblock on all exposed treatment areas and reapply every 2 hours continuously throughout the day if outside. Wear sun protective hats and clothing.
4. Discontinue the use of: exfoliating creams such as Retin-A, Differin, Glycolic acid, alpha-hydroxy acid products 1 week prior to and during the entire treatment course, unless otherwise directed. Recommend discontinuing use of St. John's Wort - due to sun sensitivity during treatment course.
5. If you have a history of herpes outbreaks in the areas being treated, let us know. We recommend that you take Lysine 500mg daily for one week before the treatment and increase to 2 capsules 3x/day for 5 days if you have a flare up. We can also prescribe medications, like Valtrex or Famvir, to prevent severe herpes outbreaks during your treatment.
6. You will need to have:
 - ◇ A mild facial cleanser.
 - ◇ A high quality sunblock SPF 30 (zinc and/or titanium dioxide >10%)
 - ◇ A good moisturizer available for your after-care. We can recommend products for you if needed.
 - ◇ A topical herbal anti-inflammatory like Florosone (Dr. Traub or Health Food store) can be used if you experience redness or burning. For severe discomfort, a pain reliever such as ibuprofen or acetaminophen can be used. If open areas occur or if you inadvertently pick at a lesion, an antibiotic ointment, like Bacitracin, may also be needed.
7. On the day of treatment, please come to the office with clean skin, the treatment area free of any makeup, creams, perfumes and lotions; except your sunscreen! Male patients should shave just prior to treatment (the pigment in your beard could increase discomfort).
8. Be aware that there is a possibility of coincidental hair loss when treating pigmented lesions in hair-bearing areas.

Please call if you have any questions prior to or after your treatment.



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POST TREATMENT INSTRUCTIONS

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1. A mild sunburn-like sensation is expected. This usually lasts 1-2 hours but can persist up to 24 hours, individuals may vary. Mild swelling, tenderness and/or redness may accompany this.
2. Apply ice or gel packs to the treated area for 10-15 minute intervals every hour for the next four hours as needed. A topical herbal anti-inflammatory Florosone (Dr. Traub or Health Food store) can be used for redness and tenderness. An oral, non-steroidal anti-inflammatory, such as acetaminophen or ibuprofen may be taken to reduce discomfort, use according to the manufacturer's instructions.
3. In rare cases, prolonged redness or blistering may occur, if this happens please call the office. An antibiotic ointment (Polysporin, Bacitracin) may be applied to the affected areas twice a day until healed or Herbal Ed's Salve (Dr. Traub or Health Food store).
4. Bathe or shower as usual. Treated areas may be temperature-sensitive. Cool showers or baths will offer relief. Avoid scrubbing, use of exfoliants, scrub brushes and loofah sponges until the treatment area has returned to its pre-treatment condition.
5. The pigmented lesions may initially look raised and/or darker with a reddened perimeter, this is normal. It will gradually turn darker over the next 24-48 hours. It may turn dark brown or even black and will begin to flake off in 7-10 days. Rarely would it progress to a scab or crusting phase, if this happens, please call us.
6. Veins or vascular lesions may undergo immediate graying or blanching (turning white) or they may exhibit a slight purple or red coloring. If the treated area develops crusting or a scab, it will start to flake off in 7-14 days. The vessels will fully or partially fade in about the same amount of time. Repeat treatment to veins may be every 7-14 days, or when the skin has fully recovered.
7. Do not pick, scratch or remove any scabs. Allow them to flake off on their own. Lesions are usually healed in 7-10 days. They will continue to fade over the next 6-8 weeks after treatment. Please keep all follow up appointments and do not hesitate to call our office if you have questions or concerns.

Until the redness has completely resolved, **avoid** all of the following:

- ◇ Applying cosmetics to the treated area
- ◇ Swimming, especially in pools with chemicals, such as chlorine
- ◇ Ocean swimming and Hot Tubs/Jacuzzis
- ◇ Excessive perspiration or irritation to the treated area
- ◇ Sun exposure to the treated areas - to prevent skin color change.



CONSENT

Intense Pulsed Light (IPL)

Photofacials

I authorize the office of Dr. Monica Scheel and/or a practitioner, operating under her guidance, to perform laser/pulsed light cosmetic dermatology treatments on me, including, but not limited to, deep tissue heating, treatment of pigmented lesions, vascular lesions, acne, hair removal and/or wrinkles. I understand this is a purely elective procedure, results may vary with each individual, and that multiple treatments may be necessary. _____ (initial)

I understand that there is a possibility of rare side effects, such as scarring, permanent discoloration, as well as short-term effects such as reddening, mild burning, temporary bruising and discoloration of the skin. These effects have been fully explained to me. _____

Based on our experience and the experience of many other physicians we have found those people who tend to sunburn rather than tan usually obtain good results on the first and subsequent visits. On the other hand, those who tan more easily tend to have greater variation in their results. Some patients in this category will experience partial improvement while others will have minimal results. _____

I also understand that there are other options for treatment available and each of these other treatments has been fully explained to me. _____

I consent to photographs being taken to evaluate treatment effectiveness, for medical education and training. No photographs revealing my identity will be used publicly without my written consent. _____

I understand that the treatment involves payment at the time of service and the fee structure has been fully explained to me. I understand that no insurance companies will reimburse for cosmetic procedures. _____

For women of childbearing age: By signing below I indicate that I am **NOT** pregnant. Furthermore, I agree to keep Dr. Scheel and staff informed should I become pregnant during the course of treatment. _____

- ◇ Serious complications are rare but possible.
- ◇ Common side effects include temporary redness and mild sunburn-like effects that may last a few minutes to a few hours. Rarely, veins may appear dark red to purple in color.
- ◇ Pigmented areas will turn dark brown resembling coffee grounds and flake off in 7-10 days. Pigment changes, including hypo-pigmentation (lightening of the skin) or hyper-pigmentation (darkening of the skin) lasting from 1-6 months or longer may occur, especially if you are not compliant with sun protection during the therapy.
- ◇ Freckles may temporarily or permanently disappear in a treated area.
- ◇ Other potential risks include crusting, itching, pain, bruising, burns, infection, scabbing, scarring, swelling and failure to achieve the desired results.
- ◇ Intense Pulsed Light rarely causes eye injury; but protective eyewear must be worn during treatment.
- ◇ I understand that sun or tanning lamp exposure, and not adhering to the post-care instructions may increase the chance of complications, may increase healing time, and decrease obtaining optimal results.

Before and after treatment instructions have been discussed with me. The procedure, as well as potential benefits and risks have been explained to my satisfaction. I have had all of my questions answered. I freely consent to the proposed treatment.

Patient's signature _____ Date _____

Printed name _____ Witness _____



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