

## **SCITON BBL/SKIN TYTE INFORMED CONSENT**

Surgeons have used lasers as a surgical instrument for many years. Laser energy can be used to cut, vaporize, or selectively remove skin and deeper tissues. There are many different methods for the surgical use of lasers.

Conditions such as wrinkles, sun damaged skin, scars, some types of pigmented skin lesions/skin disorders, and unwanted body hair may be treated with the laser. In some situations, laser treatments may be performed at the time of other surgical procedures.

Skin treatment programs, such as Obagi or Tri-Luma, may be used both before and after laser skin treatments in order to optimize the treatment and enhance the results.

**Alternative Treatment** - Alternative forms of treatment include not undergoing the proposed laser skin treatment procedure. Other forms of skin treatment (chemical peel) or surgical procedures (dermabrasion or excisional surgery) may be substituted. In certain situations, the laser may offer a specific therapeutic advantage over other forms of treatment. Alternatively laser treatments procedures in some situations may not represent a better alternative to other forms of treatment that involve skin treatments or surgical procedures.

**Risks of Erbium: YAG Laser Treatment of Skin** - There are both risks and complication associated with all laser treatment procedures of the skin. Risks involve both items that specifically relate to the use of laser energy as a form of surgical therapy and to the specific procedure performed. An individual's choice to undergo a procedure is based on the comparison of risk to potential benefits. Although the majority of patients do not experience these complications, you should discuss each of them with our surgeon to make sure that you understand the risks, potential complications and consequences of laser skin treatment.

**Infection** - Although infection following laser skin treatment is unusual - bacterial, fungal and viral infections can occur. Herpes simplex virus infections around the mouth or other areas of the face can occur. This applies to both individuals with a past history of Herpes simplex virus infections and individuals with no known history of Herpes simplex virus infections in the mouth area. Specific medications such as Valtrex may be prescribed and taken both prior to and following the laser treatment procedure in order to suppress an outbreak from this virus. Should any type of skin infection occur, additional treatment including antibiotics may be necessary.

**Scarring** - Although normal healing after the procedure is expected, abnormal scars may occur both in the skin and deeper tissues. In rare cases, keloid scars may result. Scars may be unattractive and of different color than the surrounding skin. Additional treatments may be needed to treat scarring.

**Burns** - Laser energy can produce burns. Adjacent structures including the eyes may be injured or permanently damaged by the laser burn. Burns are rare, yet represent the effect of heat produced within the tissues by laser energy. Additional treatment may be necessary to treat the laser burns.

**Color Change** - Laser treatments may potentially change the natural color of your skin. Skin redness

usually lasts two weeks to three months and occasionally up to six months following ablative laser skin treatment. There is the possibility of irregular color variations within the skin including areas that are both lighter and darker. A line of demarcation between normal skin and skin treated with lasers can occur.

**Accutane (Isotretinoin)** - Accutane is prescription medication used to treat certain skin diseases. This drug may impair the ability of the skin to heal following treatments or surgery for a variable amount of time even after the patient has ceased taking it. Individuals who have taken the drug are advised to allow their skin 12 months to recover from Accutane before undergoing laser skin treatment procedures.

**Fire** - Inflammable agents, surgical drapes and tubing, hair and clothing may be ignited by laser energy. Laser energy used in the presence of supplemental oxygen increases the potential hazard of fire. Some anesthetic gases may support combustion.

**Laser Smoke (plume)** - Laser smoke is noxious to those who come in contact with it. This smoke may represent a possible bio-hazard.

**Bleeding** - prolonged bleeding is rare following erbium:YAG laser skin treatment procedures. It is not unusual for minor oozing following the procedure. Should significant bleeding occur, additional treatment may be necessary.

**Skin Tissue Pathology** - Laser energy directed at skin lesions may potentially vaporize the lesion. Laboratory examination of the tissue specimen may not be possible.

**Visible Skin Patterns** - Laser treatment procedures may produce visible patterns within the skin. The occurrence of this is not predictable.

**Patient Failure to Follow Through** - Patient follow through following a laser skin treatment procedure is important. Post operative instructions concerning appropriate restriction of activity, use of dressings and use of sun protection need to be followed in order to avoid potential complications, increased pain and an unsatisfactory result. Your physician may recommend that you utilize a long-term skin care program to enhance healing following a laser skin treatment.

**Damaged Skin** - Skin that has previously treated with chemical peels or dermabrasion, or damaged by burns, electrolysis (hair removal treatments), or radiation therapy may heal abnormally or slowly following treatment by lasers or other surgical techniques. The occurrence of this is not predictable and additional treatments may be necessary.

**Distortion of Anatomic Features** - Laser skin treatments can produce distortion of the appearance of the appearance of the eyelids, mouth and other visible anatomic landmarks. The occurrence of this is not predictable. Should this occur, additional treatment including surgery may be necessary.

**Unsatisfactory Result** - There is the possibility of an unsatisfactory result from these procedures. Erbium: YAG laser treatment procedures may result in an unacceptable visible deformities, skin slough, loss of function and permanent color changes in the skin. You may be disappointed with the final result from laser treatments.

**Pain** - Very infrequently chronic pain may occur after laser skin treatment procedures.

**Allergic Reactions** - In rare cases, local allergies to tape, preservatives used in cosmetics or topical preparations have been reported. Systematic reactions, which are more serious, may result from drugs used during surgery and prescription medications. Allergic reactions may require additional treatment.

**Lack of Permanent Results** - Laser or other treatments will not completely improve or prevent future skin disorders, lesions or wrinkles. No technique can reverse the signs of skin aging. Additional surgical procedures may be necessary to further tighten loose skin.

**Delayed Healing** - It may take longer than anticipated for healing to occur after laser treatments. Skin healing may result in thin, easily injured skin. This is different from the normal redness in skin after a laser treatment.

**Unknown Risks** - There is the possibility that additional risk factors of laser skin treatments may be discovered.

**Additional Treatment or Surgery Necessary** - There are many variable conditions which influence the long-term result of laser skin treatments. Even though risks and complications occur infrequently, the risks cited are the ones that are particularly associated with these procedures. Other complications and risks can occur but are even more uncommon. Should complications occur, additional surgery or other treatments may be necessary. The practice of medicine and surgery is not an exact science. Although good results are expected, there is no guarantee or warranty expressed or implied on the results that may be obtained.

**FINANCIAL RESPONSIBILITIES** - The cost of the laser treatment involves several charges for the services provided. This includes fees charged by your doctor, the cost of pre and post-operative skin care medications, surgical supplies, laser equipment and personnel, laboratory tests and possible outpatient hospital charges, depending on where the procedure is performed. Additional costs may occur should complications develop from the surgery. Secondary surgery or hospital day-surgery charges involved with revisional surgery or treatments would also be your responsibility.

**DISCLAIMER** - Informed-consent documents are used to communicate information about the proposed surgical treatment of a condition along with disclosure of risks and alternative forms or treatment(s). The informed-consent process attempts to define principles of risk disclosure that should generally meet the needs of most patients in most circumstances. Informed-consent documents should not be considered all inclusive in defining other methods of care and risks encountered. Your surgeon

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may provide you with additional or different information, which is based on all the facts in your particular case and the state of medical knowledge.

\_\_\_\_\_ I hereby recognize Dr. Stacey Folk, MD, Dr. Michael Bateman, MD, Jill Buckner, PA-C and qualified staff and such assistants as may be selected to perform the laser treatment.

\_\_\_\_\_ I consent to the administration of such anesthetics considered necessary or advisable. I understand that all forms of anesthesia involve risk and the possibility of complication, injury and sometimes death.

\_\_\_\_\_ I acknowledge that no guarantee has been given to me by anyone as to the results that may be obtained.

\_\_\_\_\_ I consent to the photographing, before, during and after the procedure(s) for medical, scientific or educational purposes, provided my identity is not revealed in the pictures.

**I AM AWARE:**

**A. THE ABOVE TREATMENT OR PROCEDURE TO BE UNDERTAKEN**

**B. THERE MAY BE ALTERNATIVE PROCEDURES OR METHODS OF TREATMENT**

**C. THERE ARE RISKS TO THE PROCEDURE OR TREATMENT PROPOSED**

I CONSENT TO THE SCITON BBL/SKIN TYTE TREATMENT. I HAVE READ THE ABOVE LISTED ITEMS. I AM SATISFIED WITH THE INFORMED CONSENT PROCESS

\_\_\_\_\_  
Patient or Person Authorized to Sign for Patient

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness

\_\_\_\_\_  
Date

**LASER/BBL PRE-TREATMENT ADVISOR**

- Avoided sun exposure for 2 weeks prior to procedure.
- No Accutane for at least 9 months.
- Avoid unnecessary medications that could increase photo-toxicity. Antibiotics such as tetracycline derivatives, Bactrim, and flouroquinolones are most common).
- Using Retin A, Clear, Blender, or Triluma for at least 2 weeks if fair skinned, 4-6 weeks if dark skinned prior to procedures is important to minimize hyperpigmentation.
- Take antiviral (Valtrex) if having Halo or ablative procedure (Profractional, MicrolaserPeel, or resurfacing) 1 day prior, day of procedure, and continue daily until gone. You must reschedule if you have an active cold sore.
- Continue to avoid sun for 2 weeks following BBL and/or Halo, and for 1 to 3 months after an ablative laser. Sunscreen use and physical barriers like a hat or visor are essential.
- Continued use of good skin care once healed will maximize and prolong results. All products can be used immediately following BBL treatments. Clear, Blender, and Triluma can be started 2 weeks following Halo and Retin A at 4 weeks. Timing varies after ablative lasers, so be sure you understand your specific instructions. In general, Hydroquinone products start 2 weeks after healed, and Retin A is gradually introduced 2-4 weeks later.

## **BBL Post-Treatment Instructions**

If brown spots are the target, BBL penetrates the skin to reach the melanocytes. The particles of the cells left behind will peel or slough off within 7-14 days.

If redness is the target, blood vessels in the deeper layers of the skin absorb the light and the heat created by the light damages the vessels. The vessels are shut down and the body continues to absorb the destroyed vessel remnants.

There is no recovery time and a low risk of complications with Phototherapy treatments. Multiple sessions are performed every 2-4 weeks until the desired result has been achieved.

The treated area must be treated with care. **BE GENTLE!** Do not scratch or pick at your skin

- Until sensitivity has completely subsided, avoid all of the following:
  - Use of scented lotions or soaps, exfoliant creams (Retin-A, glycolic/salicylic and alpha- hydroxy acids), acne creams or gels, loofa sponges and aggressive scrubbing
  - Hot or cold water - wash with tepid water
  - Shaving
  - Swimming pools and spas with multiple chemicals/chlorine
  - Activities that cause excessive perspiration
- A cold compress or an ice pack can be used to provide comfort if the treated area is especially warm. This is rarely needed but if so, usually within the first 4 hours after the treatment.
- Skin may appear red and swollen and have a mild sunburn sensation. This is a normal reaction. It can last from a few hours to days after treatment. Applying an ice pack for the first 24 hours will help to minimize swelling.
- Vitamin E or Aloe Vera applied to the treatment area may provide a soothing effect. Post treatment discomfort is typically minimal but if the area is very uncomfortable, oral pain relievers; i.e. Extra Strength Tylenol or Advil, may be used.
- Freckles and sunspots may turn slightly darker initially and then flake off within 7-14 days. This is a desired and normal reaction.
- There may be erythema (redness) and slight edema (swelling) around the treated vessels. Often they are lighter in appearance and look somewhat smudgy or less defined.
- Makeup can be applied immediately after treatment as long as skin is intact and there are no signs of blistering.
- There might be erythema (redness) and slight edema (swelling) around the treated vessels. Often they are lighter in appearance and look somewhat smudgy or less defined.
- If the skin is broken or a blister appears, apply an antibiotic ointment and **contact the office immediately**. Keep the affected area moist and avoid direct sunlight.
- Strictly avoid any sun exposure to the treated area for a minimum of 7 days after the procedure. The treated area is more prone to sunburn and pigmentation change. Keep the area covered and use a sun block with a protection factor of 30+ reapplying the sun block every two hours. Delayed blistering secondary to sun exposure has been noted up to 72 hours post treatment.
- Subsequent treatments are based upon your clinician's recommendation and are typically 2 treatments per week for 2-4 weeks or until acne clears. The number and frequency of treatments needed depends on the severity of your acne and how well it responds to treatment.