

DFW MEDICAL SPA  
1009 GLADE ROAD, SUITE E  
COLLEYVILLE, TX 76034  
469-279-9897

Harmony Pixel Consent Form

Patient name \_\_\_\_\_

I duly authorize \_DFW Medical Spa\_\_to use the Harmony Pixel 2940nm Er:Yag system to perform fractional ablative skin resurfacing and any post treatment medical requirements that may be necessary.

I understand that the Harmony Pixel is a laser device designed for fractional ablative skin resurfacing and that clinical result may vary in different skin types. I understand there is a possibility of short-term effects such as reddening, blistering, scabbing, temporary bruising and temporary discoloration of the skin, as well as rare side effects such as scarring and permanent discoloration.

These effects have been fully explained to me \_\_\_\_\_ (patient's initials) Clinical results may vary depending on individual factors, including medical history, amount of sun damage or textural problems, skin type, patient compliance with pre/post treatment instructions, and individual response to treatment.

I understand that treatment by the Harmony 2940nm Er:Yag system involves a series of treatments.  
\_\_\_\_\_ (patient's initials)

I certify that I have been fully informed of the nature and purpose of the procedure, expected outcomes and possible complications, and I understand that no guarantee can be given as to the final result obtained. I am fully aware that my condition is of cosmetic concern and that the decision to proceed is based solely on my expressed desire to do so.

I confirm that I am not pregnant at this time, and that I have not taken Accutane within the last 6 months. I do not have a pacemaker or internal defibrillator. I also have completed a medical history checklist and been informed about what I must do and "not do" before, during and after the series of treatments.

I certify that I have been given the opportunity to ask questions and that I have read and fully understand the contents of this consent form.

Patient Signature \_\_\_\_\_

Date \_\_\_\_\_

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## **PRE CARE INSTRUCTIONS**

The Fractional laser resurfacing treatment is designed to perform “micro” ablation (epidermal removal) to your skin’s surface. Micro-ablation or fractional resurfacing is achieved through the process known as fractional photothermolysis. It is this “fractional thermolysis” process that allows your skin to be treated in “small pin point like sections.” This process leaves your newly lasered skin with untreated skin around the treatment sites that hasten the overall healing process. During any given laser session with the Pixel laser, approximately 30-70% your skin’s surface is actually being treated, depending on the aggressiveness of your treatment. If you looked at your skin closely, you would see a “net” like pattern, or what appears to resemble the pattern of a window screen or of fabric netting. It is this 30-70% of treated skin with the pixilation that creates this “netting” pattern.

You can anticipate having some degree of redness to your lasered skin, as well as inflammation within 15 minutes to 1 hour of your treatment. The amount of redness depends on your own genetic make up, as well as the aggressiveness of the treatment performed. Some people tend to become redder than others and some will experience a longer lasting redness as well. You can expect swelling for up to 12-24 hours, and redness from 3-4 hours up to 3 to 4 days. After the redness subsides, anticipate a chapped or rough texture to the skin. This treated skin may darken a bit and slough off on its own within 5-7 days. We ask you to plan your laser treatments when you do NOT have any social engagements, vacations, or photo requirements within 7 days of your treatment.

The Fractional laser treatment is indicated for the following:

- Improvement of the skins surface; weathered, sun damaged, pigmented irregularities •

Wrinkles / fine lines

- Superficial moles and actinic lesions
- Skin tags
- Scars. This includes acne scars of the face, neck, chest, back and arms

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**PRE CARE INSTRUCTIONS continued**

You will want to use CeraVe or Cetaphil cream , Aquaphor ointment, and a gentle cleanser. Make sure you have these on hand prior to your treatment.

It is advisable to have Advil, Tylenol, aspirin, or something of that nature on hand for any inflammation you may develop. You may also want to have benedryl tablets as well, since it too can decrease inflammation. Take ONLY if you are not allergic, and do not take if you are on other medications that contraindicate their use.

- Rx for cold sores – if applicable – begin taking one tab 2 days before, the day of and the next 2 days after your laser
- \*Gentle cleanser – -Cetaphil liquid cleanser is recommended
- \*Aquaphor ointment (over the counter) You will need this for the first two days and then each night for 5-7 nights.
- \*Advil, Tylenol, Aspirin and /or Benedryl tabs as needed for discomfort, swelling.

To insure your laser treatment yields the best possible results, it is necessary that you follow the pre-laser as well as the post laser instructions completely.

Persons who should NOT have the Fractional laser resurfacing treatment performed include:

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Bacterial or Viral infection - Please make sure you inform us of any history of cold sores.

A recent history of Isotretinoin use (< 6-12 mo) ACCUTANE / SORIATANE prescriptions.

Scleroderma or other connective tissue disease as well as any autoimmune disorders

Extensive radiation therapy to the area to be treated.

Burns on the area to be treated, bruising, allergic reactions, or other dermatitis type reactions

A recent history of moderate to deep chemical peeling < 6 months

A recent history of CO<sub>2</sub>

Persons who cannot avoid direct UV exposure from the areas to be treated

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### **Pixel Post Procedure Instructions**

Sun protection is of utmost importance after Pixel treatment, and you must be vigilant in avoiding sun exposure while healing. Those with more pigment in their skin or darker skin should be careful since they are more likely to hyper-pigment than those with fair skin or less melanin pigment. In general, you should avoid unprotected natural and artificial sun exposure until healed and always use a broad spectrum sunscreen (UVA & UVB) with a SPF of 30 or greater between treatments. Make sure you reapply throughout the day, not just once in the morning. Keeping the treatment areas hydrated and moisturized is important for efficient healing after Pixel treatments. It is also important to stay hydrated internally, so be sure to drink plenty of water during your healing process.

### **PIXEL RECOVERY: What to expect and when?**

Immediately following a Pixel, and for the first 2-3 days after treatment, you will have redness and the appearance of the pixel grid pattern on your face (looks almost like the imprint of a window screen). This can be covered by makeup to some degree, though it is still evident. From days 3-7 patients typically experience redness and peeling, and the grid pattern may darken and peel or flake off. By days 5-7 the peeling and redness subsides. The skin will feel especially dry during this recovery period, maintaining proper skin hydration will not only aid in the healing process, but will provide you with comfort. Over the subsequent period your skin will continue to heal further. Many patients see improvement within 1-2 weeks of the Pixel treatment. You will notice a reduction in fine line and wrinkles, acne scars, and an overall improvement in the texture and quality of your skin. The more consistent with the pixel treatments you are, the better the results. Each treatment, if properly timed, builds upon the last treatment. The timeline above is typical of most Pixel patients receiving a standard treatment, however the recovery time is not exact and does vary patient to patient, and also based on aggressiveness of the treatment. Certain patients will have much greater swelling or redness than average, and recovery plans are modified in those cases. Pixel treatments are recommended every 4-6 weeks, for a total of 3-6 treatments, with a maintenance treatment every 6-12 months or as desired.

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POST PIXEL PROCEDURE INSTRUCTIONS CONTINUED.

1. Keep the treated area out of the sun or tanning beds (we recommend this indefinitely). Daily sunscreen with an SPF of at least 35 (both UVA and UVB protection) is vital to maintain your improved skin.
2. After treatment the skin becomes red or appears sunburned for 24-48 hours. Do not add any heat to the area, including hot tubs, saunas or exercise for 72 hours.
3. You may have mild to moderate discomfort for 12-48 hours. It may be sensitive to the touch.
4. Once the heat has left the skin, you can apply Aquaphor to keep it moisturized. Do not let your skin dry out. Stay well hydrated both externally (topical skin hydration) and internally (water consumption).
5. On day 3 after treatment you can start using a gentle cleanser, and if you haven't already, begin using a sunscreen of at least SPF 35.
6. Avoid any irritants to your skin, such as any products containing Retin-A, retinol, tretinoin, benzoyl peroxide, glycolic/salicylic acids, astringents, or Vitamin C for one week after your treatment.
7. Avoid exfoliating the skin for at least one week after treatment.
8. Do not wax, tweeze or use a depilatory on treatment areas for at least 1 week after your treatment, you should be completely healed before doing any of these.
10. Keep clothing from rubbing the treated area and avoid other irritation to the area.
9. Do not use hairspray on or around the treated area until skin is healed.
10. Wait until all the pixel texture is scabbed over before applying any make-up. We suggest using a mineral-based make-up at that point.
11. Treated areas usually darken after treatment and become a coffee brown color. You may develop crusting which would begin to form within a few days. Flaking of the spots will usually resolve in 7-10 days and should be allowed to naturally flake off.
14. Full recovery in 5-7 days. If it is prolonged, it is usually due to dehydration. Down time is decreased with subsequent treatments.
15. Each area to be treated usually requires two or more treatments approximately 4-8 weeks apart.
16. Notify the spa should you have any prolonged redness, excessive puffiness, or other unusual side effects.

Call with any questions regarding your treatment.