

DFW Medical Spa  
1009 Glade Road, Ste. E  
Colleyville, TX  
469-279-9897

MICRODERMABRASION CONSENT FORM

1. Prior to receiving this treatment, I have been candid in revealing any condition that may have a bearing on this procedure, such as pregnancy, recent facial peels or surgery, allergies, tendencies to cold sores and fever blisters, use of Retin-A, Accutane or Hormones.
2. I understand there may be some degree of minor discomfort, i.e., scratchiness, itchiness.
3. I understand there are no guarantees to this procedure.
4. I understand that to achieve maximum results, I will need several ongoing treatments and use a daily product over a period of time.
5. I understand that the possibility of irritation and redness exists and that I should notify my skin care professional when irritation persists.
6. I will follow the home care program specifically designed for me without changing or adding any products without consulting with my skin care professional.
7. I have read the enclosed consultation and understand the contents.

I agree to all of the above to have this treatment performed on me and will follow all prescribed directions regarding post care.

Client \_\_\_\_\_ Date \_\_\_\_\_  
(or legal guardian)

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### **Pre - Microdermabrasion Instructions:**

- Do not use Retin-A or other exfoliating creams **24 to 72 hours (1 to 3 days)** prior to your treatment.
- Avoid sun tanning or tanning creams/sprays for at least a week before treatment
- You must NOT have recently had laser surgery or used Accutane
- Candidates who have had a recent chemical peel or other skin procedure, such as collagen injections, should wait two to three weeks before undergoing microdermabrasion.
- Prospective patients should also refrain from waxing or tanning the skin to be treated for a few weeks prior to microdermabrasion treatment.
- Wash your face and neck with a non-oily, non-soap based cleanser before each scheduled treatment.

### **Post - Microdermabrasion Instructions**

To maximize microdermabrasion recovery time and results, it is important to follow all post-procedure instruction below:

- Keep the new skin clean and moisturized
- Anti-inflammatory creams or cold compresses may be used as necessary
- Use a gentle cleanser.
- Trauma such as scratching or picking the treated area should be avoided.
- It is important to avoid irritating the treated skin with harsh chemicals, rubbing or tanning for one week.
- Although some peeling may occur in the treated areas, moisturizer should help minimize this effect.
- Avoid staying in the sun for at least **7 days** after the microdermabrasio treatment to prevent UV rays from damaging your skin which slows down the recovery.
- Patients who absolutely cannot avoid sun exposure should use a broad-spectrum sunscreen with an SPF of 30 or higher.
- Do not use glycolic, alpha hydroxy, beta hydroxy, retinol, benzyl peroxide or topical acne medicatiois for **24-48** hours following treatment.
- You may resume prescription retinoid products (Retin A, Renova, Tretinoin, Avita, Alustra or other brands f Tretinoin and other prescription retinoid products (Adapalene, Avage, Differin, Tazorac, Tazarotene) **3 - 7 days** after last microdermabrasion treatment or as instructed by your technician.

If you are receiving a series of treatments, do not resume any of these products until after you have completed your last medical microdermabrasion treatment.