

# Phototherapy Informed Consent

Today's Date: \_\_\_\_\_

## Overview

**Please initial after reading each of the following statements:**

- \_\_\_\_\_ Multiple, consecutive treatments are performed. Up to 4 treatments is often required for desired results
- \_\_\_\_\_ Avoid sun exposure and always use a sunscreen of SPF 15+
- \_\_\_\_\_ I agree to comply with the pre and post treatment instructions given to me by my professional

## Treatment

- Pigmented Lesions: Darkening of pigmented lesions is expected. Within a few days up to 2 weeks, lesions will begin to dry and flake off. Allow this to occur naturally. Do not use scrubs. An appropriate exfoliator recommended by your professional can be used to expedite this process.
- Vascular Lesions: Darkening, bruising, increased redness or swelling of vascular lesions is expected. Treated lesions will take up to 2 weeks to fade. Larger lesions could take longer.
- Results will vary depending on skin color and severity of the condition being treated.
- Tanned and darker skin types increase the risk of post inflammatory hyperpigmentation. A topical lotion recommended by your provider may reduce this risk.
- There is a slight possibility that this treatment will not remove all pigmented and/or vascular lesions even after multiple treatments. This treatment will not prevent future pigmented and/or vascular lesions.

## Pre-Treatment Instructions

- Do not tan the area for 30 days prior or apply self tanner 2 weeks prior. You must wear sunscreen daily.
- Do not take the acne medication Accutane 12 months prior to treatment.
- Do not use medications causing photosensitivity for 4 weeks.
- If you have Herpes Simplex, starting an anti-viral medication prior to treatment is recommended to reduce risk of outbreak.
- If treating veins, do not take aspirin or aspirin-containing medicines one week prior and post treatment
- If you are pregnant or trying to conceive, you may not receive this treatment.

## Post-Treatment Instructions

- Though rare, temporary swelling, redness or blistering may occur.
- You **MUST** wear sunscreen daily.
- You may not tan, even with sunscreen, for 4 weeks post treatment.

### Maintenance

A customized home care regimen will be recommended to enhance and support the results of your treatment. Repeating one session of this treatment 1-2 times per year is recommended to maintain results.

### Makeup

Makeup may be worn as soon as you would like. WellQuest Medical & Wellness recommends Glo Minerals. This is an extension of your skin care.

### Reactions

If you experience any reactions, call WellQuest Medical & Wellness immediately at 479.845.0880

## Acknowledgement

This procedure has been explained to me by my professional and my questions were answered. If you have any questions, please contact WellQuest Medical & Wellness.

I acknowledge that I have read, understand, and agree to follow the instructions above. I hereby give my consent to this procedure.

Client Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Technician Name: \_\_\_\_\_ Date: \_\_\_\_\_



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