

Arnold D. Panzer, MD
Aesthetic Skin Care
986 Sunrise Highway
North Babylon, NY 11703
(631) 587-6060 fax: (631) 661-6358
www.panzerhealthyskin.com

Informed Consent for Photorejuvenation

Lasers and light sources have been used for treatment of skin problems for almost 40 years. The Intense Pulsed Light (IPL) is a non-laser light source that is effective for treating vascular lesions, pigmented lesions and for hair removal. Recently it has been found to improve sun-induced skin aging in a procedure known as Photorejuvenation. The IPL produces an intense but gentle burst of light that heats the targeted skin almost instantaneously and so precisely that normal surrounding tissue is hardly affected. This light source is absorbed by broken blood vessels and/or by abnormal pigmentation where it is converted to heat energy which then alters only the abnormal vessels and pigmentation. The end result is a decrease in fine blood vessels and in uneven pigmentation. The procedure also generates new collagen in the skin. It is this change that gradually improves skin texture, helps to firm the skin, improves fine wrinkles and also seems to shrink pore size.

The treatments cause a stinging sensation. Most adults tolerate treatment without need for anesthesia. If you find the procedure uncomfortable, using a topical anesthetic cream 1 hour prior to the procedure may be helpful.

Although IPL Photorejuvenation treatments are effective in most individuals, no guarantees can be made that a specific patient will benefit from treatment. Results of Photorejuvenation vary from person to person depending on the type of skin. Six treatments are recommended performed every 3 to 4 weeks. Done less often the results are less predictable. Maintenance procedures after the initial series are recommended once every 3 or 4 months.

After Photorejuvenation you will experience some redness which lasts an average of a few hours but which may last a day or two in fair skinned individuals who flush easily. Swelling, which may accompany the redness, is usually gone by the next morning. If you have brown sunspots, these will turn a dusty, slightly darker color for a few days after treatment. Small crusts may form which will fall off a few days after treatment. This usually occurs only after the first and sometimes after the second treatment.

While side affects of this procedure are minimal, even in the most experienced hands the following complications may rarely occur:

1. Pigmentary changes (skin lightening or darkening)
2. Skin texture changes or scarring
3. Infection
4. Incomplete skin improvement

To minimize the chances of side affects and complications, it is important that you follow all postoperative instructions carefully.

The potential risks and benefits of the procedure, the likely results without such treatment and the available alternatives have been fully explained to me. I request performance of IPL Photorejuvenation as described above, and I agree to participate and cooperate with the physicians who direct the laser program. I also agree to have photographs taken.

Patient's Name – PLEASE PRINT	Patient's Signature	Date
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I have explained the above statements to the patient and answered all questions.

Staff Signature	Date	
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Patient Information for Photorejuvenation

The following is some general information that may answer some questions your patients might have with regard to treatment with the IPL Quantum HR.

- Pain** Some patients feel discomfort during treatment. Exposure is limited to an extremely short pulse. Patients report the treatment feels like a rubber band snap. This discomfort may range from mild to moderate and does not last long. A mild burning sensation may last for up to one hour. A cold compress or ice pack may be used if desired.
- Healing** There is always the slight possibility of developing a crust or blister. This is superficial, does not result in any scarring and is treated like a sunburn or any other blister.
- Pigment changes** The treated areas will probably heal without any pigment changes. However, there is always the chance that hyperpigmentation (darker) or hypopigmentation (lighter) areas may occur. These are temporary and will fade within 1-6 months. Sun exposure must be avoided three to four weeks prior to therapy and after, as exposure to the sun may intensify hyperpigmentation. It is rare that a change is ever permanent.
- Scarring** Scarring is very rare and it is important to follow all the post treatment instructions carefully.
- Excessive swelling** Excessive swelling may occur immediately after treatment, especially if the face has been treated. This is temporary and not harmful. Cold packs or a hydrocortisone preparation may reduce the swelling.
- Fragile skin** The skin that has been treated should be treated gently for a few days. It should not be rubbed and when applying makeup, pat gently. Make-up can be applied immediately after treatment as long as the skin is not broken. If that occurs you may give your patients some antibiotic cream to apply.
- Bruising** Bruising may or may not occur. If bruising occurs, it will normally clear up in –10 days.
- Test pulse** We start with a test area to see how patients react to treatment. If the tests are satisfactory, a treatment session can follow.

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Post Treatment Instructions for Photorejuvenation

You may return to normal activities following your Photo Rejuvenation treatment.

How to care for the treated area:

- Do not use any RetinA, Alpha-Hydroxy or vitamin C products for 24 hours
- Avoid direct sun exposure to the treated area for 1-2 days; also use a total sunblock
- Do not exfoliate the treated area for 3-4 days following a treatment
- It is OK to cleanse, and apply gentle moisturizer to the area, but makeup is not recommended for the next 24 hours
- If any blistering occurs, apply antibiotic ointment to affected area and keep moist
- Do not tweeze or wax area before or after treatment for 2-3 days

What to expect following a treatment

- Redness normally occurs following a treatment. This usually subsides within the first 1-2 hours, but it may last for 1-2 days
- Blistering rarely happens but if it does, you will want to keep the area clean and apply a topical antibiotic ointment
- You will notice that any brown spots will darken in appearance after a treatment. Do not become alarmed. It will gradually lighten up
- Over a period of time, you will notice improvement in the elasticity of the skin, improvement of fine wrinkles, diffuse redness and brown areas or areas of hyperpigmentation.

Subsequent treatments are best performed 3-4 weeks apart in a series of six treatment.

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Post Treatment Care for Photorejuvenation

1. Quick warm showers are recommended. If areas are treated other than the facial area, hot baths are not advised for 24 hours.
2. If the skin is broken or a blister appears, apply an antibiotic ointment and have the patient notify the physician. The area should be kept lubricated to prevent crusting or scabbing of tissue.
3. Cold packs, aloe vera or any other cooling preparation may be used to ease temporary discomfort.
4. Prolonged sun exposure is to be avoided for 4 weeks before and after treatment. A total sun block, not a sunscreen, should be applied if it is impossible to comply. If further treatment is needed a **commitment to stay out of the sun is necessary**. Sun exposure may cause certain complications (possibility of blistering and/or hyperpigmentation). This should be discussed fully with patients before treatments and reinforced after treatment.
5. If the patient has any questions or concerns, please have the patient contact the physician without hesitation.
6. With epilation treatments, care should be taken to prevent trauma to the treated area for the first 4 or 5 days. Patients should be instructed not to shave for 2 weeks following treatment.
7. Makeup can be applied as long as the skin is not broken. Makeup can also serve to protect the skin from sun exposure.