

# Facial Treatment Consent Form



## PATIENT INFORMATION

Full Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Address: \_\_\_\_\_

## ABOUT FACIAL TREATMENTS

**Facial treatments** are cosmetic procedures designed to improve the appearance, texture, and health of facial skin. These treatments range from non-invasive surface treatments (such as chemical peels, microdermabrasion, and LED therapy) to minimally invasive procedures (such as microneedling and radiofrequency treatments). Each treatment works differently to address specific skin concerns including fine lines, wrinkles, pigmentation, acne, scarring, uneven texture, and loss of elasticity. The choice of treatment depends on your skin type, concerns, medical history, and desired outcomes.

**How facial treatments work:** Chemical peels use acid solutions to exfoliate and remove damaged outer layers of skin, promoting cell turnover and collagen production. Microdermabrasion uses fine crystals or a diamond-tipped wand to physically exfoliate the skin surface. HydraFacial combines cleansing, exfoliation, extraction, hydration, and antioxidant infusion in a multi-step process. LED light therapy uses specific wavelengths of light to target different skin concerns (red light for anti-aging, blue light for acne). Microneedling creates controlled micro-injuries to stimulate collagen and elastin production. Radiofrequency treatments use electromagnetic waves to heat deep skin layers and tighten tissue. Each treatment requires specific training and should only be performed by qualified practitioners.

**Benefits of facial treatments** include improved skin texture and tone, reduction in the appearance of fine lines and wrinkles, enhanced collagen production, reduction of hyperpigmentation and sun damage, improved hydration and radiance, reduction of acne and acne scarring, minimised pore size, and overall rejuvenation of facial appearance. Results vary by treatment type and individual skin response, and multiple sessions are typically required for optimal outcomes. Most clients see gradual improvements over the course of several weeks to months following a series of treatments.

**Common side effects and risks** associated with facial treatments include temporary redness, swelling, sensitivity, and mild discomfort during and after treatment. Specific treatments may cause additional temporary effects such as flaking or peeling (chemical peels, microdermabrasion), pinpoint bleeding or bruising (microneedling, dermplaning), and mild burning or tingling sensations (chemical peels, radiofrequency). Most side effects resolve within hours to days following treatment. In some cases, temporary breakouts or skin purging may occur as the skin adjusts and expels impurities.

**Serious but rare complications** may include allergic reactions to products or ingredients used during treatment, infection (particularly with treatments that break the skin barrier such as microneedling or extractions), prolonged hyperpigmentation or hypopigmentation, scarring (especially in individuals with a history of keloid formation), burns (from chemical peels, radiofrequency, or LED devices if improperly used), and worsening of pre-existing skin conditions such as rosacea, eczema, or active acne. If you experience severe pain, prolonged swelling, signs of infection (fever, pus, spreading redness), or any concerning symptoms following treatment, contact your practitioner immediately and seek medical attention if necessary.

**Pre-treatment precautions:** Avoid sun exposure and tanning beds for at least two weeks before treatment. Discontinue use of retinoids, AHAs, BHAs, and other exfoliating products 3-5 days before treatment unless otherwise instructed by your practitioner. Inform your practitioner of all medications, supplements, and skincare products currently in use, as certain ingredients may increase sensitivity or interfere with treatment outcomes. Avoid waxing, threading, or hair removal treatments in the area 48 hours before your appointment. Arrive with clean skin, free of makeup and skincare products. Do not consume alcohol 24 hours before treatment as this may increase sensitivity and bruising risk.

**Post-treatment care:** Avoid direct sun exposure for at least 48 hours and apply broad-spectrum SPF 30 or higher daily for at least two weeks following treatment. Do not use exfoliating products, retinoids, or active ingredients for 3-7 days post-treatment (or as directed by your practitioner). Keep skin hydrated with gentle, fragrance-free moisturisers and avoid products containing alcohol, fragrances, or harsh chemicals. Avoid hot showers, saunas, steam rooms, swimming pools, and strenuous exercise for 24-48 hours as heat and sweat may irritate treated skin. Do not pick, scratch, or peel any flaking skin as this may lead to scarring or infection. Sleep with your head elevated on the first night following treatment to minimise swelling. Report any signs of infection, prolonged redness, swelling, blistering, or unexpected reactions to your practitioner immediately.

## TREATMENT SELECTION

- Chemical Peel
- Microdermabrasion
- HydraFacial
- LED Light Therapy
- Dermaplaning
- Microneedling
- Facial Extractions
- Oxygen Facial
- Enzyme Therapy
- Radiofrequency Treatment
- Ultrasonic Facial
- Galvanic Facial

## MEDICAL HISTORY & CONTRAINDICATIONS

Please answer YES or NO to each question. If you answer YES to any question, please discuss with your practitioner before treatment.

### Absolute Contraindications

- Yes  No Are you currently pregnant or breastfeeding?
- Yes  No Do you have active cold sores, herpes simplex, or other viral infections?
- Yes  No Do you have active skin infections or open wounds in the treatment area?
- Yes  No Have you taken Accutane (isotretinoin) in the past 12 months?
- Yes  No Do you have a history of keloid scarring?
- Yes  No Are you currently undergoing chemotherapy or radiation treatment?

### Relative Contraindications

- Yes  No Do you have diabetes or impaired healing?
- Yes  No Are you taking blood-thinning medications?
- Yes  No Do you have active acne or rosacea?
- Yes  No Have you had facial surgery in the past 6 months?
- Yes  No Do you have any metal implants or pacemakers?
- Yes  No Are you allergic to any skincare products or ingredients?

### Skin Conditions

- Yes  No Do you have eczema, psoriasis, or dermatitis?
- Yes  No Have you experienced allergic reactions to facial treatments before?
- Yes  No Are you currently using retinol, AHAs, or BHAs?
- Yes  No Do you have extremely sensitive skin?
- Yes  No Have you had sun exposure or used tanning beds in the past 2 weeks?
- Yes  No Do you have any autoimmune conditions?

## ALLERGIES & MEDICATIONS

List any known allergies (products, ingredients, medications)::

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List all current medications and supplements::

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## CONSENT & ACKNOWLEDGEMENTS

Please initial each statement to confirm your understanding:

## SIGNATURES

Client Signature

Date

Parent/Guardian (if client under 18) Signature

Date

Practitioner Signature

Date