

# INFORMED CONSENT

Name:

Date:

Date of birth:

Age:

Phone:

Email:

## Consent for Treatment:

I, the undersigned, hereby provide informed consent for receiving professional skin treatment at [OSTeoMaureen Wellness. I am aware that the treatment may involve the use of advanced skincare products, tools, and techniques, carefully selected based on my unique skin type and concerns.

I acknowledge that OSTeoMaureen Wellness operates under the expertise of skincare professionals and is not a substitute for medical advice, diagnosis, or treatment by a licensed medical practitioner.

I affirm that the information provided about my skin and medical history is accurate to the best of my knowledge.

I acknowledge and accept the following:

Understanding the potential risks and benefits associated with the chosen skin treatment. The possibility of varying results, necessitating multiple sessions for optimal outcomes.

The importance of adhering to post-treatment care instructions.

The likelihood of experiencing temporary side effects such as redness or swelling.

I hereby confirm that I have thoroughly read, comprehended, and agreed to the information presented and grant my explicit permission for the scheduled skin treatment.

\_\_\_\_\_  
Client printed name

\_\_\_\_\_  
Client's signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Esthetician name

\_\_\_\_\_  
Esthetician signature

\_\_\_\_\_  
Date

# PHOTO RELEASE FORM

Name:

Date:

Date of birth:

Age:

Phone:

Email:

I, the undersigned, hereby grant OSTeoMaureen Wellness permission to use my photographs or videos taken during or after skin treatment sessions for the following purposes:

Purpose(s):

Pre and Post Treatment monitoring of results only. Pictures will remain a confidential part of my client file unless I give expressed verbal or written consent to my pictures being used for demonstration purposes to OSTeoMaureen's students or clients. Pictures must be taken to monitor results and to have an accurate visual representation of the state of your skin immediately before and immediately after your treatment

Other (please specify):

**Duration of Consent:**

I understand that this consent is valid indefinitely unless revoked by me in writing.

**Revocation of Consent:**

I may revoke this consent at any time by providing written notice to [Your Clinic/Spa Name].

**Client's Acknowledgement:**

I have read and understood the terms of this release form and voluntarily consent to the use of my photographs or videos for the specified purposes.

\_\_\_\_\_  
Client printed name

\_\_\_\_\_  
Client's signature

\_\_\_\_\_  
Date

# MICRONEEDLING

## pre treatment instruction

Before your micro-needling treatment, please ensure you follow these instructions to achieve the best results and minimize potential risks:

- **Avoid Sun Exposure:** Refrain from prolonged sun exposure or tanning beds for at least two weeks prior to your treatment. Sunburned or tanned skin is more sensitive and may increase the risk of complications during the procedure.
- **Discontinue Certain Medications and Products:** Avoid using topical retinoids, glycolic acids, and other exfoliating agents for at least one week prior to your treatment. Additionally, discontinue the use of oral blood thinners or anti-inflammatory medications unless specifically instructed by your healthcare provider.
- **Stay Hydrated:** Ensure your skin is well-hydrated leading up to your treatment. Drink plenty of water and moisturize your skin regularly to maintain its health and integrity.
- **Notify Your Practitioner:** Inform your practitioner of any recent changes in your health, medications, or skincare routine. This includes any new medications, allergies, or skin conditions that may affect the treatment.
- **Avoid Hair Removal:** Refrain from waxing, tweezing, or using depilatory creams on the treatment area for at least one week prior to your appointment. Hair removal can irritate the skin and increase sensitivity during the procedure.
- **Prepare Your Skin:** Cleanse your skin thoroughly on the day of your treatment, removing any makeup, sunscreen, or skincare products. Avoid applying heavy creams or lotions that may interfere with the micro-needling process.
- **Stay Healthy:** Maintain a healthy lifestyle leading up to your treatment. Get adequate rest, eat a balanced diet, and avoid excessive alcohol consumption to promote optimal skin health.
- **Follow Practitioner Recommendations:** If your practitioner provides specific pre-treatment instructions or recommendations, be sure to follow them closely. These instructions are tailored to your individual needs and will help ensure a successful outcome.

By following these pre-treatment instructions, you can help ensure that your micro-needling procedure is safe and effective, with minimal risk of complications. If you have any questions or concerns about preparing for your treatment, don't hesitate to contact your practitioner for guidance.

# MICRONEEDLING

## post treatment instruction

Following your micro-needling treatment, it's essential to follow these post-treatment instructions to promote optimal healing and maximize results:

- **Avoid Sun Exposure:** Protect your skin from direct sun exposure for at least 48 hours following the procedure. Wear a broad-spectrum sunscreen with SPF 30 or higher and protective clothing when outdoors to prevent sunburn and minimize the risk of hyperpigmentation.
- **Skip Makeup:** Refrain from applying makeup or skincare products to the treated area for at least 24 hours post-treatment. This allows your skin to heal without interference and reduces the risk of irritation or infection.
- **Keep Skin Clean:** Cleanse your skin gently with a mild cleanser and lukewarm water in the days following your treatment. Avoid harsh scrubbing or exfoliation, as this can aggravate the skin and prolong the healing process.
- **Moisturize Regularly:** Keep your skin hydrated by applying a gentle, non-comedogenic moisturizer regularly. This helps soothe the skin, reduce dryness, and support the healing process.
- **Avoid Irritants:** Avoid using harsh or abrasive skincare products, such as retinoids, alpha hydroxy acids (AHAs), and benzoyl peroxide, for at least one week post-treatment. These ingredients can irritate the skin and interfere with the healing process.
- **Avoid Heat:** Refrain from hot showers, saunas, steam rooms, and activities that cause excessive sweating for the first 24 to 48 hours post-treatment. Heat can exacerbate inflammation and increase the risk of complications.
- **Be Gentle:** Avoid picking, scratching, or rubbing the treated area, as this can disrupt the healing process and lead to scarring or infection. Let the skin heal naturally and avoid any unnecessary manipulation.
- **Stay Hydrated:** Drink plenty of water and maintain a healthy diet to support your skin's healing process from the inside out. Hydrated skin heals more efficiently and is less prone to complications.
- **Follow-up Care:** Attend any scheduled follow-up appointments with your practitioner to assess your skin's response to the treatment and address any concerns or questions you may have.
- **Patience is Key:** Understand that results from micro-needling take time to fully manifest. Be patient and consistent with your post-treatment skincare routine, and trust the process as your skin rejuvenates and improves over time.

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# MICRONEEDLING

## aftercare advice

### **Immediate Post-Treatment (0-4 Hours):**

Keep the treated area clean and avoid touching it unnecessarily.  
Apply a gentle, non-comedogenic moisturizer to soothe the skin.  
Avoid direct sun exposure and heat, including hot showers or baths.

### **Within 24 Hours Post-Treatment:**

Continue to keep the treated area clean with a mild cleanser and lukewarm water.  
Avoid applying makeup or skincare products to the treated area.  
Avoid strenuous exercise and activities that cause excessive sweating.

### **Within 48 Hours Post-Treatment:**

Apply a broad-spectrum sunscreen with SPF 30 or higher if going outdoors.  
Continue to moisturize the treated area regularly to keep the skin hydrated.  
Avoid swimming or soaking in hot tubs to prevent irritation.

### **Within 72 Hours Post-Treatment:**

Avoid using harsh skincare products containing retinoids or exfoliating acids.  
Avoid rubbing or scratching the treated area, as this can disrupt the healing process.  
Stay hydrated by drinking plenty of water to support skin regeneration.

### **Beyond 72 Hours Post-Treatment:**

Resume your regular skincare routine gradually, starting with gentle products.  
Attend any scheduled follow-up appointments with your practitioner for assessment.  
Be patient and allow your skin to heal naturally, avoiding unnecessary manipulation.

**If you experience any unusual or concerning symptoms, such as excessive redness, swelling, pain, or signs of infection, contact your practitioner immediately for further guidance and evaluation.**



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