



CONSENT-TISSUE TIGHTENING & CELLULITE

Consent:

Consent Tissue Tightening & Cellulite

INTRODUCTION

This document is designed to explain to you the benefits and risks of Tissue Tightening Treatment (TT).

Light, ultrasound and radiofrequency energy can be used to heat the deeper layers of the skin in order to change the existing collagen as well activate fibroblasts, which are cells that make new collagen. The benefits of tissue tightening are skin lifting and tightening without invasive treatments such as surgery, and with minimal, if any, down time.

We currently have multiple devices that can tighten tissue: ultrasound based (Ultherapy or Sofwave), radiofrequency based (Thermage, Pelleve, Apollo, ReFirme/Sublime) and light (Titan).

We can explain to you how or why we might choose one brand versus another in your consultation.

Alternative treatments: Alternatives for TT include to improve injectable filler treatments, muscle stimulating treatments (Pan G therapy), other tissue tightening devices not in use at our facility and surgery (facelift/browlift/eyelid/body surgery).

Contraindications to Treatment: The following people should NOT have TT: those who have (or are)

- Metal in the face or body (Radiofrequency)
- Infection at the treatment site(s)
- Autoimmune disease that compromises collagen production
- Pregnancy
- History of Cold Sores on the Face (should be pre-medicated with anti-viral medication)
- Allergy to metal (Radiofrequency)
- Unrealistic expectations

Risks of Treatment: Although the majority of patients do not experience these complications, it is important that you understand the risks involved in tissue tightening treatment.

- Discomfort: There is variable discomfort during TT. Pelleve, Titan, Apollo and Sublime/ReFirme RF all have minimal discomfort. Thermage is somewhat uncomfortable on the face and very uncomfortable on the body. Ultherapy is extremely uncomfortable and usually requires oral narcotics as well as anti-anxiety medications and a ride home following the procedure.
- Bruising/swelling: Bruising and swelling is uncommon and unexpected, but may occur, especially with Ultherapy. This typically peaks at 1-4 days but subsides by 1-2 weeks. There have been cases of prolonged bruising for 1 month or more. Discoloration of the treated area can occur although is uncommon and may last for months.
- Skin wound, infection, scarring: An open or closed skin wound may occur. Any unexpected wound, pain, redness or pus should be reported to your treatment provider promptly and may need additional treatment. Skin wounds may lead to permanent scarring, even if treated. Infection is possible with inflammation, heating or opening of the skin. Infections may lead to permanent scarring, even if treated.
- Herpes simplex (Cold Sores): If you have had a cold sore in area to be treated, TT might provoke an outbreak or you could develop a new one.

- **Altered Sensation:** There are rare incidents of focal, transient altered sensation following a treatment. Symptoms have been described as numbness, tingling or temporary paralysis. These symptoms have dissipated over the course of time without consequence in most cases.
- **Eye protection:** During any Thermage eye treatments, we will insert numbing drops into the eyes and plastic ocular shields to protect the eyes. Some patients experience claustrophobia during this process. To reduce this side effect, we will only have one eyelid covered at a time. This process results in a similar effect to when an eye doctor looks into the back of your eyes. You may need to be driven home as your vision will not accommodate for a couple of hours. There is also a risk when removing the eye shields of developing a corneal scratch, which is extremely uncommon but can occur. For Titan and ReFirme ST treatments, proper eye protection is required and will be provided. Failure to use proper eye protection can lead to permanent eye damage, including blindness.
- **Surface Irregularities:** There has been very low incidence of surface irregularities following a treatment. These have been described as "lumpy hard areas" that can be felt with the hand but may not be visible to the eye, "small dents" in the surface of the skin, and "waffle patterns." In some cases these are not present immediately post-treatment, but may show up later (one or more months). In most cases these have healed without consequences over time.

Results: The duration of improvement with TT varies between patients. Results usually take 3-6 months to become optimal. Typically, aging changes take about 2 years to catch up with the improvement seen, but this can be variable. Pelleve and Apollo require maintenance treatments sooner than 2 years.

Patient Satisfaction: TT usually gives very good satisfaction after 3-6 months. A treatment may not work as well or for long as expected, and may be effective for variable lengths of time. We cannot provide you with any guarantee of your results.

Post treatment care: Follow the instructions given to you by your provider and on the post-op info sheet. Failure to do so may result in sub-optimal results or side effects such as listed above.

Off-Label Use: The FDA does not recognize "Tissue Tightening" as a treatment category. Most of these devices are only approved for general heating of the skin, temporary reduction of cellulite or wrinkle reduction. Ultherapy has been approved for lifting of the neck and brow as well as for the improvement of lines and wrinkles on the décolletage. Most of the indications for these therapies are considered "off-label" which means legal but not specifically approved for these uses by the FDA.

Financial Responsibility: The treatments discussed in this document are cosmetic in nature and are not covered by insurance policies. Payment is required at the time of service, and in some cases, prior to service. You will receive a written quote for each treatment that is recommended for you that is valid for 90 days. Should the price change after 90 days you would be responsible for any increase in cost. If there are changes in the plan during the treatment you will be required to pay for any additional care. We do offer a line of credit financed through a financial services company.

Treatment Providers: Amy Taub, MD, Anne Marie Leger, MD, Monika Kaniszewska, MD, Emily Oehler, PA-C, Steven Prus, PA-C, Ann Cameron Schieber, PA-C, Jessica Dooley, PA-C, Elana Block MSN, RN, Alla Molchanov, Lic. Cosm., Emily Jamieson, Lic. Esth. (LE), Rachel Walker, LE, Nicole McNellis, LE, Alyssa Conner, LE, and Brittany Hartnett, Lisc. Cosm. all perform cosmetic procedures at Advanced Dermatology. All providers at Advanced Dermatology have been specifically trained by Dr. Taub and are all licensed professionals in the state of Illinois. Dr. Taub reviews and approves every treatment performed at Advanced Dermatology. Dr. Taub is a board-certified dermatologist with over 25 years in practice and is Medical Director and Founder of Advanced Dermatology. We have taken great measures to ensure that your treatment is performed safely and effectively. We attend national meetings frequently to keep updated on the latest, best and safest techniques and remain at the forefront of cosmetic dermatology.

Disclaimer: What your Physician, Physician Assistant, Laser Provider, Licensed Esthetician, Licensed Cosmetologist, and/or Cosmetic Coordinator have discussed with you and included again in these documents are the material risks, both common and uncommon, that they feel a reasonable person would want to know, understand, and consider in deciding if this treatment is something they would like to proceed with. Some risks cannot be foreseen. It is important that you read the information contained in each consent document and have all

your questions answered before signing the consent. Questions and concerns can be answered in the office through a consultation appointment or by calling 847-459-6400.

Do not touch the equipment while in the room. Laser equipment is dangerous and a misfire could cause skin or eye damage that is permanent.

I have read all pages contained in this document and hereby authorize the following provider(s): Amy Taub, MD, Anne Marie Leger, MD, Monika Kaniszewska, MD, Emily Oehler, PA-C, Steven Prus, PA-C, Ann Cameron Schieber, PA-C, Jessica Dooley, PA-C, Elana Block MSN, RN, Alla Molchanov, Lic. Cosm., Emily Jamieson, Lic. Esth. (LE), Rachel Walker, LE, Nicole McNellis, LE, Alyssa Conner, LE, and Brittany Hartnett, Lisc. Cosm. . to perform the following procedure: **Tissue Tightening**

I recognize that during the course of the procedure unforeseen conditions may necessitate different procedures than those described above. I therefore authorize the provider(s) to perform such other procedures that are in the exercise of his or her professional judgment necessary and desirable.

I acknowledge that no guarantee has been given by anyone as to the results that may be obtained.

I consent to photographic use for medical, scientific, and/or educational purposes for the appropriate portions of the face and/or body.

For purposes of advancing medical education, I consent to the admittance of observers to the procedure.

IT HAS BEEN EXPLAINED TO ME IN A WAY THAT I UNDERSTAND:
THE ABOVE PROCEDURE TO BE UNDERTAKEN
THERE MAY BE ALTERNATIVE PROCEDURES OR METHODS OF TREATMENT
THERE ARE RISKS TO THE PROCEDURE PROPOSED
ANY QUESTIONS I MAY HAVE ASKED HAVE BEEN ANSWERED TO MY SATISFACTION

My Physician discussed my procedure, I understand the risks and benefits of the procedure have read the consent form I understand and I received a copy. I agree.