

Informed Consent for OPUS RadioFrequency Plasma

Name _____ Date _____

Location of Treatment _____

I declare that I understand the following information:

The goal of Opus radiofrequency plasma treatment is for skin tightening, reduction of skin laxity, reduction of scars and wrinkles, as well as treatment of stretch marks. Generally, the results of Opus RF plasma demonstrate improvement in the smoothness and tightness of the skin; however, a complete elimination of wrinkles or scarring is not a realistic expectation.

Alternatives to Opus RF Plasma:

The alternatives to Opus RF plasma include dermabrasion and chemabrasion. The advantages and disadvantages (risks and benefits) of each of these alternatives to Opus RF plasma have been explained to me as well as the alternative of having no surgery, accepting my present skin condition, using cosmetics and considering other methods of skin rejuvenation surgery.

Possible Intra-Operative Complications of Opus RF Plasma:

- 1. Blindness/Corneal Burns** - There is a risk of accidental eye injury by the Opus RF plasma, which could cause blindness or burns of the eyeball. This is unlikely since complete eye protection is provided at all times during the energy applications.
- 2. Flash Fires** - Utilization of laser energy always raises the possibility of fire-related incidents. These are rare and are preventable by careful maintenance of the surgical equipment and stringent safety precautions.

Please initial here after reading this section _____

Possible Short-Term Effects of Opus RF Plasma:

- 1. Pain** - Discomfort, burning sensation or pain may occur during the procedure. We highly recommend taking extra-strength Tylenol one hour prior to the procedure and 5-10mg of Valium while numbing. A local anesthetic is usually used to block pain during the treatment but injection of anesthesia may also be necessary.
- 2. Redness of Skin** - Erythema or redness of the skin lasting for 24-48 hours.
- 3. Swelling** - Temporary edema (swelling) or ecchymosis (bruising) of the tissue of the face and neck, usually subsiding in three to seven days.
- 4. Wound Healing** - While some scabbing may occur, the skin surface is otherwise not violated.
- 5. Skin Tightness** - Sensation of skin tightness (peaks at 3-8 weeks post-operatively) .
- 6. Contact Dermatitis** - Contact dermatitis may be due secondarily to the microneedles or topical preparations (ointments) used post-operatively.
- 7. Herpes Simplex Dermatitis (Fever Blisters)** - Occurrence or recurrence of herpes simplex dermatitis, particularly if not pre -, intra- and post-operatively treated with a systemic antiviral medication such as Valtrex.
- 8. Skin Itchiness** - Pruritis or itching in the early healing phase.
- 9. Skin Hyper-pigmentation** - Transient hyper-pigmentation(darkening of the skin), which is especially higher-risk in darker-skinned people, occurring three to eight weeks after treatment.
- 10. Cellulitis or Skin Infections** - Cellulitis or infection of the skin and soft tissues, especially if careful post-operative hygiene is not practiced.

Please initial here after reading this section _____

Possible Long-term Complications of Opus RF plasma:

- 1. Increased susceptibility to sun** - Avoidance of sun exposure or protection against ultraviolet light damage to your skin by the use of sun-screening or sun-blocking lotions with SPF (sun-protective factor) of 30 or higher is strongly advised for optimal results.
- 2. Scarring** - The risk of scarring exists in all cases. It is variable and is often related to an individual's genetic makeup. Scarring can be reduced by carefully following appropriate aftercare instructions and notifying the physician if a problem develops.
- 3. Skin Pigment Changes** - Skin color and texture changes may occur. At the junction of the treated and untreated areas, there may be a difference in color, texture and/or thickness of the skin.
- 4. Infection** - Infection is a risk that occurs in any invasive or surgical procedure. It is minimized by proper surgical technique and proper post-operative care.
- 5. Ectropion** - Cicatricial (scarring or shrinkage) ectropion (out-turning of the eyelid) and/or punctal(tear hole) eversion can occur, despite optimal surgical technique.
- 6. Blepharoptosis** - Blepharoptosis (drooping of the eyelid) can result from inadvertent injury to structures in the upper eyelid, especially in thin-skinned people.

Please initial here after reading this section _____

PATIENT CONSENT

I understand that exposure to the sun and excess heat must be avoided at all costs for a period of 6 months. No unprotected sun bathing is permitted for 6 months. To do so would encourage skin pigment changes and rhytids (wrinkles) necessitating further treatment.

I understand this is an elective procedure and Opus RF plasma is not reversible.

I also understand that more than one procedure may be required to achieve the optimal obtain-able results.

I understand the practice of medicine and surgery is not an exact science and I acknowledge that no guarantees have been made to me concerning the results and procedure. It is not possible to state every complication that may occur as a result of Opus RF plasma. Complications or a poor outcome may manifest weeks, months or even years after Opus RF plasma treatment.

My surgeon has explained Opus RF Plasma and its risks, benefits and alternatives and has answered all my questions about the Opus RF plasma procedure. I therefore consent to having Opus RF plasma treatment.

Patient Signature

Date

Physician Signature

Date

OPUS RF PLASMA INSTRUCTIONS

PRE-TREATMENT INSTRUCTIONS

- 6 months prior to treatment, absolutely NO Accutane
- 14 days prior, avoid all laser treatments and sun exposure
- 7 days prior, stop using all topical Retinoids
- 5 days prior, avoid excessive alcohol
- 3-5 days prior, increase water intake to 48 to 64 oz per day, including the day after treatment.
- If you have history of cold sores, see your physician for antiviral agent and start taking 2 days prior to treatment
- 3 days prior: No peels, facials, exfoliants, topical antibiotics, exfoliating masks, or hydroquinone, benzoyl peroxide acne products, alpha hydroxyl acids (AHA), or beta hydroxyl acids (BHA). These products are irritating to the skin and can interfere with the natural healing process.
- Darker skin types may choose to pre-treat with hydroquinone 2 weeks prior to treatment.
- You may use Arnica Montana pills to help prevent bruising (you can usually find them at a health food store)

DAY OF TREATMENT INSTRUCTIONS

- Avoid lotion, creams, make-up or deoderant in area to be treated
- Arrive with clean, washed skin without make-up
- Update your medical provider on any changes in skin condition, medical history, supplements, and over the counter medications
- Client denies today: active cold sores, herpes simplex or warts in the area to be treated, open sores, sun burns, within the application area
- Eat a meal at least 2 hours prior to treatment

POST-TREATMENT INSTRUCTIONS

- Avoid sun exposure, strenuous exercise, saunas, Jacuzzis, any heat, etc. as heat retention in the skin can last up to 24 hours.
- White "frost" may occur on the skin. Do not pick and let the skin slough off naturally.
- For the next 2 days, patient should sleep on slight incline
- For the next 2 days, a wound healing product such as Aquaphor or equivalent should be applied as needed.
- For the next 7 days, the skin should only be gently cleansed, moisturized and applied with sunscreen. Avoid Obagi, Retin-A, other exfoliating products until day 7.
- On day 7 if indicated, you may microderm or use an aggressive exfoliator or micro-peel. Make-up can be applied.
- Can apply white vinegar soak to help with inflammation as needed. Mix 1 tablespoon of white vinegar with 1 cup of distilled water. This solution can be kept in the fridge and applied with gauze or cotton pad as needed.
- If adverse skin effects occur (such as excessive reddening, blistering or swelling), please contact office or provider.