

**Informed Consent For Facial Acupuncture**

This document is to help inform you concerning facial acupuncture treatments, the risks involved, and possible alternatives. Please be advised that this is not a surgical procedure. It is important that you read this information carefully and completely. Please initial each page, indicating that you have read the page and sign the consent for facial acupuncture treatments, as proposed by your acupuncturist.

**Consent:** I hereby request and consent to Facial Rejuvenation Acupuncture treatment by Stephanie Trzaska, DACM, L.Ac. I understand that Facial Rejuvenation Acupuncture treatment is not a surgical procedure and is in no way intended as a substitute for cosmetic surgery.

**Type of care:** An acupuncture facial treatment involves the insertion of acupuncture needles into fine lines and wrinkles on the face and neck in order to reduce the visible signs of aging. In acupuncture theory, the channels or pathways of Qi (energy) flow throughout the entire body from the soles of the feet up to the face and head; consequently, a facial acupuncture treatment addresses the entire body constitutionally, and is not merely “cosmetic.” An acupuncture facial involves the patient in an organic, gradual process, that is customized for each individual. It is no way analogous to, or a substitute for, a surgical “face lift”.

**Potential benefits:** I understand that the purpose of Facial Rejuvenation Acupuncture is to create a younger and more vibrant appearance by properly balancing the flow of qi. This may include enhanced skin tone, improved luster of complexion, decrease puffiness around the eyes, elimination or reduction of fine wrinkles, improved muscle tone, affirming of sagging skin, and a lessening of the visible signs of aging. However, I understand that as with all Traditional Chinese Medicine care, Facial Rejuvenation Acupuncture involves a gradual healthful process that is customized for each individual and that individual results May Vary.

**Contraindications for Treatment:**

- High blood pressure
- Problems with bleeding or bruising
- Severe Migraine headaches
- Parkinson’s disease
- Recent Microdermabrasion
- Diabetes mellitus
- Cancer
- AIDS
- Recent laser treatments
- Hepatitis
- Vertigo
- Hemophilia
- Botox treatments
- Dermal filler (Restylane, Juvederm, Radiesse etc)
- Any skin diseases (poison ivy, eczema, hives)
- Pregnancy
- Cold or flu
- Herpes outbreak
- Allergic reactions
- Extreme stress or tension

**Risks of an Acupuncture Facial** - Every procedure involves a certain amount of risk and it is important that you understand the risks involved with an acupuncture facial. An individual's choice to undergo an acupuncture facial is based upon the comparison of the risk to potential benefit. Although the majority of patients do not experience the following complications, you should discuss each of them with your acupuncturist to make sure you understand the risks, potential complications, and consequences of an acupuncture facial.

- Bleeding - It is possible, though very unusual, that you may have problems with bleeding during an acupuncture facial. Should post-acupuncture bleeding occur, it will usually only consist of a few drops. Accumulations of blood under the skin may cause a bruise, or hematoma, which will resolve itself.
- Infection - Infection is very unusual after an acupuncture facial. Should an infection occur, additional treatment, including antibiotics, may be necessary.
- Damage to Deeper Structures - Deeper structures such as blood vessels and muscles are rarely damaged during the course of a facial acupuncture treatment. If this does occur, the injury may be temporary or permanent.
- Asymmetry - The human face is normally asymmetrical. Thus, there can be a variation from one side to the other in the results obtained from a facial acupuncture treatment.
- Bruising And Puffiness - There is a possibility of bruising (hematomas), puffiness, blood, tingling, itching, warmth, pain, or other symptoms at the site of the needle.
- Nerve Injury - Injuries to the motor or sensory nerves rarely result from facial acupuncture treatments. Nerve injuries may cause temporary or permanent loss of facial movements and feeling. Such injuries may improve over time. Injury to sensory nerves of the face, neck and ear regions may cause temporary or more rarely permanent numbness. Painful nerve scarring is very rare.
- Needle Shock - Needle shock is a rare complication after an acupuncture facial.
- Unsatisfactory Result - There is the possibility of a poor result from an acupuncture facial. You may be disappointed with the results.
- Allergic Reactions - In rare cases, local allergies to topical preparations have been reported. Systemic reactions which are more serious may occur to herbs used during an acupuncture facial. Allergic reactions may require additional treatment.
- Delayed Healing - Delayed wound healing or wound disruption are a rare complication experienced by patients after an acupuncture facial. There is a greater risk for smokers, who frequently have dry, sagging skin, which does not heal as readily as that of non-smokers.
- Long Term Effects - Subsequent alterations in facial appearance may occur as the result of the normal process of aging, weight loss or gain, sun exposure, or other circumstances not related to an acupuncture facial. An acupuncture facial does not arrest the aging process or produce permanent tightening of the face and neck. Future facial acupuncture maintenance treatments, or other treatments, may be necessary to maintain the results of an acupuncture facial.

**Additional Care Necessary:** There are many variable conditions in addition to risk and potential complications that may influence the long term result from acupuncture facial treatments. Even though risks and complications occur infrequently, the risks cited are the ones that are particularly associated with an acupuncture facial treatment. Other complications and risks can occur but are even more uncommon. Should complications occur, other treatments may be necessary.

**No guarantee:** The practice of acupuncture is not an exact science. Although good results are expected, there is no guarantee or warranty, either expressed or implied, on the results that may be obtained.

**Alternative Treatment:** I understand other alternatives exist for cosmetic care including but not limited to surgery, such as a surgical facelift, chemical face peels, and liposuction. Risk and potential complications are associated with these alternative forms of treatment.

**Health insurance / Financial responsibility:** I understand that most health insurance does not cover the cost of or reimburse the cost of the Facial Rejuvenation Acupuncture treatments or complications resulting from such treatments. Please contact your insurance/HSA/FSA if you have any questions about coverage. I will be responsible for charges of treatment regardless of my own personal insurance coverage.

**Disclaimer:** Informed-consent documents are used to communicate information about the proposed procedure along with disclosure of risks and alternative forms of treatment(s). The informed consent process attempts to define principles of risk disclosure that should generally meet the needs of most patients in most circumstances. However, informed consent documents should not be considered all-inclusive in defining other methods of care and risks encountered. Your acupuncturist may provide you with additional or different information which is based upon all the facts in your particular case and the present state of knowledge within the field of acupuncture. Informed consent documents are not intended to define or serve as the standard of acupuncture. Standards of acupuncture are determined on the basis of all of the facts involved in an individual case and are subject to change as scientific knowledge and technology advance and as practice patterns evolve. It is important that you read the above information carefully and have all of your questions answered before signing the following consent.

**Consent For Facial Acupuncture Procedure or Treatment**

I have read, or have had read to me, the above consent. It has been explained to me in a way that I understand: a) The risks involved with Facial Rejuvenation Acupuncture, b) That I have alternatives available to me for cosmetic improvements, and c) What protocols will be used in connection with treatment. I have also had an opportunity to ask questions about the Facial Rejuvenation Acupuncture, and am satisfied that all my questions have been answered. I acknowledge that no guarantee has been given to me by anyone as to the results that may be obtained. I authorize the release of medical information, when required. Finally, by signing below I acknowledge that I have been fully informed about, and agree to, Facial Rejuvenation Acupuncture treatments. I intend this consent form to cover the entire course of treatment for my present condition and for any future condition(s) for which I seek treatment.

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PATIENT OR PATIENT REPRESENTATIVE SIGNATURE

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DATE