

ELEVATED IMAGE

Advanced Medical Aesthetics & Primary Care • Joshua Le, DO

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INFORMED CONSENT FOR CO₂ LASER TREATMENT

Ablative / Fractional Ablative Carbon Dioxide (CO₂, 10,600 nm) Skin Resurfacing

Patient name		Date of birth	
Date of treatment		Treatment area(s)	
Fitzpatrick skin type (I-VI)		Provider	Joshua Le, DO

Treatment intensity: ☐ Standard Resurfacing ☐ Aggressive / Fully Ablative

1. Treatment Description

The carbon dioxide (CO₂, 10,600 nm) laser is an ablative resurfacing technology that removes (vaporizes) precise microscopic columns of skin while heating the surrounding tissue to stimulate new collagen. It is used to improve wrinkles, skin texture, tone, pigmentation, scars (including acne scars), and mild laxity. Treatment may be performed as lighter "standard" resurfacing or as deeper "aggressive / fully ablative" resurfacing; deeper treatment produces stronger results but greater downtime and risk. Because the CO₂ laser creates open microchannels or open skin, healing and aftercare are more involved than with non-ablative lasers. Settings are individualized and may be adjusted at the provider's discretion based on your skin type, goals, and response.

2. Expected Outcomes, Downtime & Timeline

- **Immediate response:** Redness, swelling, heat, and a sunburn-like sensation are expected. With aggressive / ablative settings you may also have pinpoint bleeding, weeping, oozing, and crusting.
- **Healing & downtime:** A rough, sandpaper texture sloughs as new skin forms. Typical downtime is about 1-5 days for standard resurfacing and 7-14+ days for aggressive / ablative treatment; redness can persist for weeks.
- **Collagen remodeling:** Tightening and textural improvement continue to develop gradually over 3-6 months.
- **Sessions & results:** One treatment may be sufficient for aggressive resurfacing; fractional or lighter treatments may require a series. Individual results vary and cannot be guaranteed.

3. Alternatives to Treatment

Reasonable alternatives have been discussed with me and include: no treatment; topical skincare (e.g., retinoids, brightening agents); chemical peels; microneedling or radiofrequency microneedling; non-ablative lasers (e.g., Thulium 1927 nm, Erbium Glass 1550 nm); intense pulsed light (IPL); and surgical options. Each has its own benefits, risks, downtime, and cost.

4. Medical History & Contraindication Screening

Please answer honestly. Any "Yes" may require clearance, delay, or make you ineligible. Tell your provider if any answer changes before your session.

Are you pregnant, trying to conceive, or breastfeeding?	Yes ☐ No ☐
Have you used isotretinoin (Accutane) in the past 6-12 months?	Yes ☐ No ☐
History of cold sores / herpes simplex (HSV) in or near the treatment area? (Antiviral prophylaxis is required for CO ₂ .)	Yes ☐ No ☐
Any active infection, open lesion, sunburn, or inflamed skin in the treatment area?	Yes ☐ No ☐
History of keloid or hypertrophic (raised) scarring, or poor wound healing?	Yes ☐ No ☐
Recent sun exposure, tanning bed, or self-tanner within the past 2 weeks?	Yes ☐ No ☐
History of melasma or post-inflammatory hyperpigmentation?	Yes ☐ No ☐
Taking photosensitizing medication (e.g., certain antibiotics, retinoids, St. John's Wort)?	Yes ☐ No ☐
Any autoimmune / connective-tissue disease, immunosuppression, or immunosuppressive drugs?	Yes ☐ No ☐
Recent injectables, microneedling, peels, or facial surgery in the	Yes ☐ No ☐

area (past 2 weeks)?	
Permanent makeup, tattoo, or metallic implants in the treatment area?	Yes ☐ No ☐
Prior radiation therapy to the treatment area, or do you currently smoke? (Both impair healing.)	Yes ☐ No ☐

List any medications, supplements, allergies, or medical conditions not noted above: _____

5. Potential Risks and Side Effects

Because the CO₂ laser is ablative, risks are greater than with non-ablative treatments. Potential risks and complications include, but are not limited to:

- **Pain, swelling & prolonged redness:** Significant swelling and redness (erythema) that can last weeks; occasionally longer.
- **Weeping, oozing, bleeding & crusting:** Expected with ablative settings while the skin heals.
- **Infection:** Open skin can become infected (bacterial, fungal, or viral). Herpes simplex (cold sore) reactivation can be severe or spread; antiviral prophylaxis is used to reduce this risk.
- **Hyperpigmentation (PIH) & hypopigmentation:** Temporary darkening, or lightening that can be prolonged or permanent. Risk is higher in darker skin types (Fitzpatrick IV–VI). Strict sun avoidance is mandatory.
- **Demarcation lines:** Visible color or texture differences at the borders of treated areas.
- **Scarring:** Including hypertrophic or keloid scarring; uncommon but possible, and more likely with infection, picking, or poor healing.
- **Delayed or impaired healing:** Particularly with smoking, certain medical conditions, or poor aftercare.
- **Acne flare, milia, or contact dermatitis:** Temporary breakouts or reaction to topical products during healing.
- **Worsening of melasma & textural irregularity:** Heat-based treatment can worsen melasma or leave uneven texture.
- **Eye injury / ectropion:** Risk of ocular injury if eye protection is removed; rarely, pull-down of the lower eyelid with periorbital treatment. Protective eyewear/shields are worn at all times.
- **Incomplete or no response:** Results vary; additional or maintenance treatments may be needed and some concerns may not fully resolve.
- **Prolonged social downtime:** You may not be presentable for work or events for several days to weeks.

6. Pre- & Post-Treatment Care and Eye Safety

- I have received and agree to follow the CO₂ Laser Post-Treatment Care Guide, including keeping the skin occluded/moist, gentle cleansing, and any prescribed medications.
- If I have a history of cold sores, I understand antiviral medication is required and I will take it exactly as prescribed.
- I will NOT pick, scratch, or peel healing skin, and I will use only products approved by the clinic.
- I will strictly avoid unprotected sun exposure and use a broad-spectrum mineral sunscreen once the skin has closed.
- Protective eyewear will be worn during treatment and I will keep it in place.
- I will report any signs of infection, unusual pain, blistering, or a cold-sore outbreak to the clinic promptly.

7. Photography & Records

I consent to clinical photographs/video before, during, and after treatment for my medical record, treatment planning, and evaluation of results. Any use beyond my record (education, training, marketing) will occur only with my separate written authorization.

8. Financial Acknowledgment

I understand this is an elective cosmetic treatment not covered by insurance. I am responsible for all fees, including any additional or maintenance sessions and any treatment of complications. Package and prepaid terms, including any non-refundable amounts, have been disclosed to me by the clinic.

9. Patient Acknowledgments

- I understand the nature of the procedure, the expected downtime, and the alternatives available to me, including no treatment.
- I understand medicine is not an exact science and no guarantee has been made about the outcome or the number of treatments required.
- The information I have provided in the screening above is true and complete to the best of my knowledge.
- I am not pregnant or breastfeeding, or I have disclosed this to my provider (if applicable).
- I have had the opportunity to ask questions, and all questions have been answered to my satisfaction.
- I understand I may withdraw my consent and stop treatment at any time.

10. Consent to Treat

By signing below, I acknowledge that I have read and fully understand this consent form, that all my questions have been answered to my satisfaction, and I hereby consent to receive CO₂ laser resurfacing treatment(s) at Elevated Image.

Patient name (printed)

Date

Patient signature

Date

Provider signature (Joshua Le, DO)

Date

