

ELEVATED IMAGE

Advanced Medical Aesthetics & Primary Care • Joshua Le, DO

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INFORMED CONSENT FOR ULTHERAPY® (MICRO-FOCUSED ULTRASOUND)

Ulthera® System (Merz) — Micro-Focused Ultrasound with Visualization (MFU-V)

Patient name		Date of birth	
Date of treatment		Provider	Joshua Le, DO

Treatment area(s): ☐ Brow lift ☐ Submental (under chin) ☐ Neck ☐ Décolletage ☐ Lower face / jawline ☐ Other: _____

1. What Ultherapy Is

Ultherapy (Ulthera System, by Merz) is a non-surgical treatment that uses micro-focused ultrasound with visualization (MFU-V). Ultrasound imaging lets the provider see the layers of tissue being treated, and focused ultrasound energy is delivered at set depths (typically about 1.5 mm, 3.0 mm, and 4.5 mm) to heat the deep skin and the support layer beneath it (the SMAS). This creates tiny points of controlled thermal coagulation that stimulate the body to produce new collagen, gradually lifting and tightening the skin. It does not remove or cut tissue and is NOT a replacement for a surgical facelift.

2. Areas Treated & FDA Clearance

Ultherapy is FDA-cleared to non-invasively lift the eyebrow, lift lax tissue under the chin (submental) and on the neck, and to improve lines and wrinkles of the décolletage. Treatment of other areas is sometimes performed but may be "off-label" (not an FDA-cleared indication). I understand and consent to off-label use where applicable.

3. Expected Results, Onset & Duration

- **Gradual results:** Lifting and tightening develop gradually over about 2–3 months as new collagen forms, and can continue up to ~6 months. Results are typically subtle and natural, not dramatic.
- **Sessions & longevity:** Often a single treatment, though some patients benefit from more than one. Results commonly last about 1–2 years; because skin continues to age, touch-up/maintenance may be desired. Individual results vary and are NOT guaranteed.

4. Alternatives

Alternatives include: no treatment; other energy-based skin tightening (radiofrequency, RF microneedling, lasers); injectable treatments (neurotoxin, filler, biostimulators); thread lifting; topical skincare; and surgical lifting. Each has its own benefits, risks, downtime, and cost.

5. Medical History & Contraindication Screening

Please answer honestly. Any "Yes" may require clearance, delay, or make you ineligible.

Are you pregnant, trying to conceive, or breastfeeding?	Yes ☐ No ☐
Active infection, open lesion, cystic/active acne, or inflamed/broken skin in the treatment area?	Yes ☐ No ☐
Metallic or electronic implants in the treatment area, or an implanted stimulator/defibrillator?	Yes ☐ No ☐
History of keloid or hypertrophic (raised) scarring, or poor wound healing?	Yes ☐ No ☐
Bleeding/clotting disorder, or blood thinners/aspirin/NSAIDs/fish oil?	Yes ☐ No ☐
Autoimmune/connective-tissue disease, immunosuppression, or active cancer in the area?	Yes ☐ No ☐
History of Bell's palsy, facial nerve weakness, or numbness/altered sensation in the area?	Yes ☐ No ☐
Recent injectables, fillers, threads, or other procedures in the area (within ~2 weeks)?	Yes ☐ No ☐
Isotretinoin (Accutane) use within the past 6–12 months?	Yes ☐ No ☐
Cold sores (HSV) if a peri-oral area is being treated?	Yes ☐ No ☐

Other medications, supplements, allergies, or conditions: _____

6. Risks and Potential Side Effects

Risks and side effects include, but are not limited to:

- **Redness, swelling & tenderness:** Expected after treatment; usually resolves within hours to days.
- **Bruising:** At or near treatment sites.

- **Tingling, numbness, or altered sensation:** Temporary; the skin may feel tender to the touch for days to weeks.
- **Temporary nerve effect:** Uncommon temporary muscle weakness or asymmetry (for example of the lip or forehead), or localized numbness, from effect on a nerve — usually resolves over days to weeks.
- **Welts, bumps, or firmness:** Temporary raised areas along treatment lines.
- **Burns, blistering, or scarring:** Rare; more likely with aggressive settings or improper technique.
- **Pigment change:** Hyper- or hypopigmentation, uncommon; higher risk in darker skin.
- **Incomplete or no response:** Results vary; some patients see little change, and additional or maintenance treatment may be wanted at additional cost.

EYES & NERVES: Treatment is not performed within the bony eye socket (orbital rim) or directly over certain nerves/structures to protect the eyes and reduce the risk of nerve effects. Tell your provider immediately about any vision change, severe pain, or lasting weakness.

7. Pre- & Post-Treatment Care

- Before treatment, avoid blood thinners, NSAIDs, alcohol, fish oil, and vitamin E as directed to reduce bruising.
- Mild redness/swelling/tenderness is normal; you may generally resume normal activities the same day.
- Avoid excessive heat (sauna, hot tub) and strenuous activity for ~24 hours if advised; use sun protection.
- Report severe or worsening pain, vision changes, blistering, or lasting weakness/numbness to the clinic promptly.

8. Photography, Financial & Acknowledgments

I consent to clinical photographs for my record and treatment planning (other use requires separate authorization). I understand this is an elective, self-pay cosmetic treatment not covered by insurance, that results develop gradually and are not guaranteed, and that maintenance may be desired at additional cost. My screening information is true and complete. I may withdraw consent at any time.

9. Consent to Treat

I have read and understand this consent, my questions have been answered to my satisfaction, and I consent to Ultherapy (micro-focused ultrasound) treatment(s) by Joshua H. Le, DO, and/or designated staff.

Patient signature

Print name

Date

Provider signature (Joshua Le, DO)

Witness (if used)

Date

Office Use — Treatment Record

Date	Transducer (depth)	Lines	Area	Total lines

TEMPLATE — verify against Washington State disclosure requirements and your malpractice carrier before clinical use.