**SAMPLE CONSENT FORM**

**Patient Name Date of Birth**

Pre-Treatment Photos Taken: ❏ Yes ❏ No

**Do not sign this form without reading and understanding its contents.**

# GUIDE TO THE PASTELLE Q-SWITCHED LASER

# 1064nm & 532nm Q-Switched Laser

# In Australia, sun-damage is extremely common and frequently causes irregular brown pigmentation that may appear unsightly. The PASTELLE Q-Switched laser is effective for a wide range of skin pigmentation disorders including sun-freckles. The PASTELLE can also safely treat many forms of birthmarks ranging from brown to blue-gray in colour. The Q-Switched laser has a range of wavelengths that allow safe treatment of all skin types including dark skin. The Q-Switched laser may also rejuvenate the skin by improving its colour and texture.

# What is the difference between regular lasers and Q-Switched lasers?

# Lasers utilise a single wavelength to deliver energy to skin targets. The regular targets in skin are pigment, blood and water. Q-Switched lasers are a special category of lasers that can deliver energy in extremely short bursts (within several billionths of a second). As a result, this unique property makes it an ideal laser for treating pigment-related conditions such as freckles, sunspots, birthmarks or tattoos. The ultra-short bursts of energy delivered by the laser disrupt the pigment-containing cells within the skin, leading to fading and clearing of the treated area. The considerable energy delivered by the PASTELLE can also remodel the skin’s collagen layer and improve the skin’s overall texture.

# What can the PASTELLE Q-Switched laser do for me?

# Clears pigmentation

# Freckles, sunspots and brown spots

# Stubborn melasma

# Birthmarks of various colors including brown, blue, gray and black (i.e. Café-au-lait spots, Nevus of Ota, Hori’s Nevus)

# Skin rejuvenation

# Laser skin toning

# Laser peels

# Tattoo removal

# Professional and amateur tattoos

# Gravel tattoos

# Hair removal (refer to additional information)

# For reversing paradoxical hair growth (hypertrichosis following standard laser hair removal)

# Collagen remodeling of acne scars

# Collagen remodelling post resurfacing

# Acne scars

# Fine lines and wrinkles

# What does the procedure involve?

# Spot treatment of most sun-induced brown blemishes may not require any anaesthetic as the procedure is often well tolerated. When the laser fires it feels like a rubber band snapping against the skin. Treatment of deeper pigment found in birthmarks and tattoos may be slightly more uncomfortable and may require cream or injectable anaesthetic. If required, anaesthetic cream may be applied 30 minutes before the procedure. Protective eyewear is required and provided during the procedure to protect your eyes.

# PASTELLE Q-Switched laser treatment for pigment and birthmarks

# Sun freckles can be cleared with 1–2 treatment sessions of the Q-switch laser. Spot-treatment can safely and effectively target individual brown marks on the face, torso and limbs. Birthmarks can also be similarly treated, although more treatment sessions (6 or more) are required as the response to treatment is less consistent.

# For birthmarks, a test treatment at the time of consultation may be carried out to assess treatment responsiveness and to select the appropriate laser dose. Treatments may be spaced 4–6 weeks apart.

# Stubborn melasma can be treated by a series of Q-switch laser treatment sessions. Melasma is a challenging condition to manage as recurrence is common and it responds variably to a range of treatments such as skin bleaching, chemical peels, IPL, regular lasers and fractional resurfacing. Stubborn, end-of-the-line melasma often responds to the Q-switch laser, with up to 10 treatment sessions spaced 1–4 weeks apart may be required. Often a combination approach gives the best results for melasma.

# PASTELLE Q-Switched laser treatment for skin rejuvenation

# A recent application of the Q-switch laser is skin toning and rejuvenation. The whole face is treated and 4–6 treatment sessions are required at intervals of 1–4 weeks. Compared to other forms of rejuvenation, there is minimal down-time associated with the Q-switch. The Q-switch laser is operated by both the doctor and the specialist nurse. Treatments for melasma and skin rejuvenation may be carried out by the specialist nurse. Birthmark treatments are carried out by the doctor.

# PASTELLE Q-switched laser as adjuvant (booster) lasers

# After Laser resurfacing (including scar repair) the skin will continue to remodel over the next 2–3 months, even after it looks fully healed. It is desirable to help boost collagen remodeling during this period with adjuvant lasers to achieve an even better final outcome. These adjuvant lasers (Pulsed Dye Laser, Nd:YAG Laser) are gentle non-ablative lasers that can improve scar remodeling and the final results. These treatments are well tolerated and do not require any recovery time (ie no downtime). Patients undergoing Levels 6-7 resurfacing (including laser scar repair) can usually benefit from 3 (or more) adjuvant laser sessions at 3-week intervals. The adjuvant laser procedures are usually started 2–3 weeks after the resurfacing procedure, as soon as the skin looks healed. Please check with your doctor what would work best in conjunction with your resurfacing procedure.

# What are the unwanted side effects of Q-switch Lasers?

# Side effects are uncommon (less than 5%) with newer generation devices. Apart from expected degree of post-treatment bruising and swelling, the following may occur:

# Burns to the skin leading to significant blisters or scabbing

# Infection of treated areas

# Alteration in pigment – darker or lighter

# Darker skin individuals are those with recent tanning are at greater risk of developing both increase or decrease in pigment

# The alteration in pigment may either be temporary or rarely, permanent

# Persistence or recurrence of pigment

# Scarring and indentations – usually as a result of burns (extremely rare)

# Is everyone suitable for PASTELLE Q-Switched laser treatment?

# We do not treat:

# Pregnant or breast-feeding women

# Children under age 18 without parental consent

# Current significant skin disease / infections such as cold sores at the site of treatment

# History of keloid scarring (special precaution in high risk areas)

# Prior treatment with gold injections (may darken)

# Cosmetic ‘make-up’ tattoos that are pale or skin coloured (may darken)

# Any emotional, mental or medical condition that may impair judgment

# What happens after treatment and how long will the results last?

# Immediate whitening of the treated spot occurs and fades within hours, this is followed by transient redness and mild swelling. Make-up may be applied if desired. The treated area then darkens (like a bruise) and will gradually peel off over the next 1 to 2 weeks. The ‘new’ skin may look slightly pink but will blend with the rest of the skin in time. Mild scabbing may occur but rarely leaves scars. The pigment may recur with sun exposure, therefore strict sun protection is recommended. Certain birthmarks (i.e. Cafe-au-lait spots) tend to recur with time. Repeat treatments can be carried out if the condition recurs.

# Procedural consent for the PASTELLE Q-Switched laser

# Before you undergo the PASTELLE Q-Switched laser treatment make sure you have read and fully understood the background information on the procedure. To get the most out of it, you need to understand the nature of the procedure, the associated benefits and risks, as well as the available treatment options.

# Photos are routinely taken before treatment as a visual record. These may be used for teaching purposes and may be shown for scientific purposes including publications in medical journals. There will be no identification of the images, and they will remain our property. For best results, it is necessary to have the full series of pre-determined treatment sessions. In a minority of patients, the PASTELLE Q-Switched laser procedure may not work satisfactorily or may not last for the expected period of time. As it’s not possible to predict a sub-optimal response, we are unable to guarantee expected outcomes, nor the number of treatment sessions needed for satisfactory outcomes.

# By signing the informed consent, you acknowledge that all the above issues relating to the procedure have been addressed; and that you’ve been given ample opportunity to ask questions and raise any concerns relating to the procedure.

# PROCEDURAL CONSENT PASTELLE Q-SWITCHED LASER

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# PATIENT’S DECLARATION

The nature of Pastelle Q-Switched Laser treatment has been explained to me. I understand that just as there may be benefits from the procedure, all procedures involve risk to some degree. I am aware that other unexpected risks or complications may occur and that no guarantees or promises have been made to me concerning the results of the procedure. It has also been explained that during the course of the proposed procedure, unforeseen conditions may be revealed requiring performance of additional procedures. My questions regarding this treatment, its alternatives, its complications and risks have been answered by my practitioner and/or his or her staff.

*My signature on this consent form indicates that I have read and that I understand the information provided. I consent to the treatment described, and I agree to comply with the requirements placed on me by this consent form.*

# CONSENT FOR TREATMENT

*I have read and understand the information contained within this consent form. My signature on this consent form indicates that I have read and understand the information in the consent, my consent to the treatment described, and my agreement to comply with the requirements placed on me by this consent form.*

*I have read this form and understand it, and I request the performance of the procedure.*

Patient Signature Date

I have informed the patient of the available alternatives to treatment and of the potential risks and complications that may occur as a result of this treatment.

Practitioner / Nurse / Therapist Signature