

**Consent For Treatment For Vaginal Health with the
Phoenix CO2 Laser System**

I, _____, authorize and consent to the treatment for vaginal health with the **Phoenix**CO2 Laser.

I have been advised by, _____ of _____ of the purported advantages and disadvantages associated with this treatment.

I understand that treatment with this laser system varies from patient to patient and that that more that 1-treatment may be required.

No guarantees have been made to me regarding the outcome of the treatment or any improvements in my condition due to the procedure. _____ (initials)

I understand that the possible benefits are the reduction of pain during intercourse, reduction of itchiness in the vaginal area and increased lubrication in the vaginal area (vaginal health). _____ (initials)

Due to the brilliance of the laser light energy used, I agree to wear eye protection to shield my eyes. _____ (initials)

I have been given the opportunity to ask questions and have received satisfactory answers to these questions. _____ (initials)

I hereby authorize the taking of photographs. These photographs may be used to demonstrate the results this laser produces. _____ (initials)

I hereby indemnify and hold harmless Rohrer Aesthetics, LLC and their employees, the treating technician and _____ from any and all liability, damages, cost and expenses arising from or out of the use Phoenix-CO2 Laser for the vaginal health treatment.. _____ (initials)

With all of the above information understood, I am choosing to be treated with the Phoenix CO2 Laser.

Signature

Print Name

Date

Witness

CO2 Pre & Post Treatment.

Pre-Treatment:

Pre-treat with a lightening agent (hydroquinone or non-hydroquinone bleaching agent) for at least 2 weeks prior to treatment to reduce the risk of PIH (4-6 for darker skin types).

Pull off all active ingredients at least 72 hours before and 2 weeks of no unprotected sun exposure.

Prior to procedure:

Be sure to thoroughly cleanse, and remove all residue from topical numbing agents. A chiller will help greatly with patient comfort. Sweep the skin with acetone to degrease and dry completely. Full coverage, no untreated skin. Random pattern is more tolerable than linear.

Post-treatment:

Cool compress (distilled water/gauze) post treatment will help soothe and release heat. Stress the importance of keeping the area clean and sterile. Apply occlusive ointment to damp face.

Patient instructions:

- Keep the area moist.
- NO DIRECT SUN EXPOSURE.
- Cleanse with gentle cleanser, using only fingertips in a circular motion. Cleanse/soaks/ointment 2-3 times a day.
- May switch to regular moisturizer and SPF once the skin is no longer temperature sensitive.
- Continue to spot treat rough areas with occlusive ointment.
- Sleep elevated to reduce swelling.

Phoenix CO2 – Face/Body Scanner – Post Treatment

Immediately after treatment:

- Patients may experience a burning sensation on the skin that will last between 30 minutes and up to 3-4 hours following their treatment.
- Depending on the amount of post treatment patient discomfort, an over-the-counter pain medication may be discussed.
- The patient may want to take a few days off of work. Treatment to the facial area will result in an appearance similar to a darker tan/sunburn for the first day. A fine scab may form.
- After 1-2 days the eschar/necrotic skin will disappear and the skin will have a tanned look. At this point, makeup may be applied.
- Redness may persist for up to 3 days.
- On the 4th day or so the treated skin will get darker and then near the 5th-6th day peeling will occur.
- More intense treatments can take up to 7 days for recovery

General Post Treatment Instructions

- Wash the treated areas every day. Wash using a mild soap or a soap-free cleanser.
- Treatment Area: Treatments may result in swelling. Redness may persist up to 3 days. Cleanse the treatment area with cool water and dab or pat very lightly with a soft towel. Avoid Hot water. An ointment or Lubricant will help to decrease the dryness of the treated area.
- If the skin around the treatment area is tight, minimize movement. To help soothe the discomfort associated with the tightness, the physician may want to advise the patient to apply an ointment to the treatment site(s) multiple times a day. In addition, the patient should avoid Hot water and in some instances the patient may want to use a drinking straw.
- Rest. Avoid strenuous exercise, bending, straining, stooping or lifting heavy objects for 1 week after procedure. These activities may cause more swelling and pain and slow down the recovery process.
- Sleep in a slightly elevated position. The patient should use 2-3 pillows under their head & neck or sleep a few nights in a reclining chair.
- Avoid sun exposure for at least six months. A sunscreen SPF 15 or higher should be applied every day. Use a hat and sunglasses. The patient's skin is extremely vulnerable to the sun after having a laser treatment. Protecting the skin and limiting sun exposure ensures the best cosmetic results.

- The physician and patient should schedule a follow-up appointment for 2-3 days after the procedure.

Phoenix CO2 – Face/Body Scanner - Post Treatment Continued

Healing will vary based on individual and on intensity of treatment

Day 1: (1st day after treatment):

- Sun burned appearance with tight feeling
- Avoid direct sunlight and excessive heat
- Begin washing face as needed with tepid water and gentle cleanser (use your hands only)
- May take tepid shower and wash hair
- Re-apply ointment/cream (Aquaphor) to treated area as needed (ensure skin remains constantly moist)

Day 2:

- Swelling should subside and skin may bronze and feel gritty
- Itching (particularly along the jaw-line) tends to begin on this day
- Continue applying ointment/cream (and cool compresses, if needed)
- Continue washing face with gentle cleanser and tepid water
- For extreme itching, hydrocortisone cream (OTC 1%) may be applied
- **AVOID** picking and/or scratching

Day 3:

- Facial skin should begin peeling between days 3 and 5
- Continue washing face with gentle cleanser and tepid water
- Itching may persist
- The central aspect of the face should begin to exfoliate today leaving behind soft pink tissue
- Continue applying ointment/cream, especially on sides of face by hairline

Day 4 - Day 7:

- Itching has usually subsided
- May start more aggressive washing with fingertips to promote further exfoliation (do not pick)
- If using an occlusive ointment, may transition to a cream and spot-treat drier areas that may still have some rough skin with occlusive ointment
- Use non-irritating sunblock SPF 30+ with zinc oxide (7-9%) and/or titanium dioxide when going outside

- If needed, may apply mineral make-up

Phoenix CO2 – Face/Body Scanner - Post Treatment Continued

Day 7-28

- Continue appropriate moisturizer until skin has hydrated back to its normal level (3-4 weeks)
- May start regular skin care program as long as treated area is healed (no exfoliation)
- Continue applying non-irritating sunblock (SPF 30+) and use mineral make-up (powder) to protect treated areas (Do not use liquid foundation as it may clog pores and irritate new skin)
- Avoid exposure to excessive sun for up to 4 weeks (hat or clothing must be used to protect treated areas)
- May return to exercise programs

Outcomes:

- Results of laser resurfacing are good to excellent depending on the indication for which the procedure was performed.
- Patient satisfaction is based on the delivery of natural results with minimal downtime and a low incidence of complications.
- Actinic changes are improved to the greatest degree.
- Wrinkles typically are improved by 60-80%, while scars are improved to a lesser degree.
- Improvement can be seen in deeper skin folds of the cheeks, forehead, and neck, malar bags, and even in the excess skin of the upper eyelid (pseudo blepharoplasty effect), but their improvements are less predictable.
- Static lines are improved to a greater degree than dynamic lines. Treatment of these dynamic lines with botulinum toxin A provides significant improvement.
- Heat stimulates the sub dermal collagen to regenerate over 60 – 90 days.
- Patients should be reassessed and/or retreated at 3 – 6 months

Rohrer Aesthetics RejuVAnate Post-Treatment Protocol

Post-Treatment Internal

- Vaginal rest for 1 week
- Panty-liner recommended
- No hot tubs, swimming for 1 week

Post-Treatment External (non RejuVAnate handpiece)

- Vaginal rest for 1 week
- Panty-liner recommended
- Cold compresses needed for discomfort
- No hot tubs, swimming for 1 week
- No exercise 1 week
- Keep area moist with post treatment ointment of choice, such as coconut, olive, lanolin ointment