Treatment Consultation Form

iUBT536 – Provide skin rejuvenation treatments using Intense Pulsed Light (IPL) systems

Centre name:	
Centre number:	
Learner name:	
Learner number:	
Date:	

Client name:		
Address:		
Profession:		
Telephone number:	Day:	
	Evening:	

Personal details:						
Age group:	Under 20 ☐	20-29 ☐	30-39 ☐	40-49 ☐	50-59 ☐	60+ ☐
Occupation:						
Lifestyle:	Active ☐			Sedentary ☐		
Details of activity:						
GP Address:						

Contra-indications that prevent treatment (absolute contra-indications) – *(Select if/where appropriate)*					
Certain photosensitive medication (such as Amiodarone, Minocycline, St John's Wort)	☐	Directly over moles/birthmarks	☐	Permanent or semi-permanent make-up	☐
Gold medications	☐	Birthmarks	☐	History of or present use of melatonin	☐
History of skin cancer/malignant melanoma	☐	Haemophilia	☐	Diabetes/poorly controlled diabetes	☐
HIV, AIDS	☐	Hepatitis B or C	☐	Inappropriate skin colour	☐
Keloid scarring	☐	Autoimmune diseases	☐	Lupus	☐
Lymphatic system disorders	☐	Metal pins and plates	☐	Oral and topical medication for Photo-Dynamic Therapy	☐
Oral and topical steroids	☐	Angina	☐	Pacemaker/defibrillator	☐
Vascular diseases	☐	Bleeding or clotting disorders	☐	Pigmentary disturbance (for example vitiligo, pigmented naevi)	☐
Porphyria	☐	Pregnancy	☐	Semi-permanent and permanent injectable filler products	☐
Suntanned skin	☐	Oral and topical retinoids	☐		
Comments					

Contra-indications that restrict treatment (relative contra-indications) – *(Select if/where appropriate)*					
Abrasions	☐	Acne	☐	Bruises	☐
Allergies	☐	Cuts	☐	Artificial tan	☐
Active tan/recent UV exposure	☐	Sunburn	☐	Areas of undiagnosed pain	☐
Botulinum toxin	☐	Cardiovascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions)	☐	Chemical peels	☐
Clients taking anti-coagulant medication	☐	Clients sensitive to light (within the range of 500nm-900nm)	☐	Connective tissue disorders (such as scleroderma)	☐
Contagious or infectious diseases	☐	Drugs which cause skin thinning	☐	Depression	☐
Anxiety	☐	Eczema	☐	Epilepsy	☐
Fever	☐	Herpes simplex	☐	Herpes zoster	☐
Injectable fillers	☐	Loss of skin sensitivity	☐	Skin diseases	☐
Pregnancy	☐	Breastfeeding	☐	Poor mental and emotional state	☐
Tattoos	☐	Under the influence of drugs or alcohol	☐	Psoriasis	☐
Urticaria	☐	Varicose veins	☐	Undiagnosed swelling	☐
Other	☐				
Comments					

Contra-indications requiring medical permission:					
Active acne	☐	Acute rheumatism/Arthritis	☐	Epilepsy	☐
Basal Cell Carcinoma (BCC)	☐	Squamous Cell Carcinoma (SCC)	☐	Asthma	☐
Any condition already being treated by a General Practitioner/dermatologist	☐	Nervous psychotic conditions	☐	Diabetes	☐
Bell's Palsy	☐	Recent operations	☐	Medical oedema	☐
Inflamed/trapped/ pinched nerve	☐	Osteoporosis	☐	Other	☐

Written permission required by: *Either of which should be attached to the treatment form*	
GP/Specialist ☐	Informed consent ☐

Personal information – *(Select if/where appropriate)*		
Have you had any health problems in the past or present?		
If yes, please specify	Yes ☐	No ☐
Have you been or are you currently under the care of a medical practitioner or other healthcare specialist?		
If yes, please specify	Yes ☐	No ☐
Are you currently taking/using any prescribed or non-prescribed medications (oral or topical)?		
If yes, please specify	Yes ☐	No ☐
Are you currently taking/using any vitamin/mineral supplements or herbal remedies (oral or topical)?		
If yes, please specify	Yes ☐	No ☐
Do you suffer from anxiety, stress, depression and/or are clinically diagnosed?		
If yes, please specify	Yes ☐	No ☐

What are your stress levels? *1 to 10 (10 being the highest)*	At work:	At home:
Additional comments		

Do you smoke or vape?		
If yes, how many per day?	Yes ☐	No ☐

Do you drink alcohol?		
If yes, how many units per week?	Yes ☐	No ☐

Are you trying to conceive, pregnant or lactating?		
If yes, please specify	Yes ☐	No ☐

Are you:		
Due or having your menstrual period ☐	Peri-menopausal ☐	Menopausal ☐
Additional details including date of last menstrual period if relevant		

Do you have any allergies?		
If yes, please provide details	Yes ☐	No ☐

What is your level of sun exposure?
Please specify details

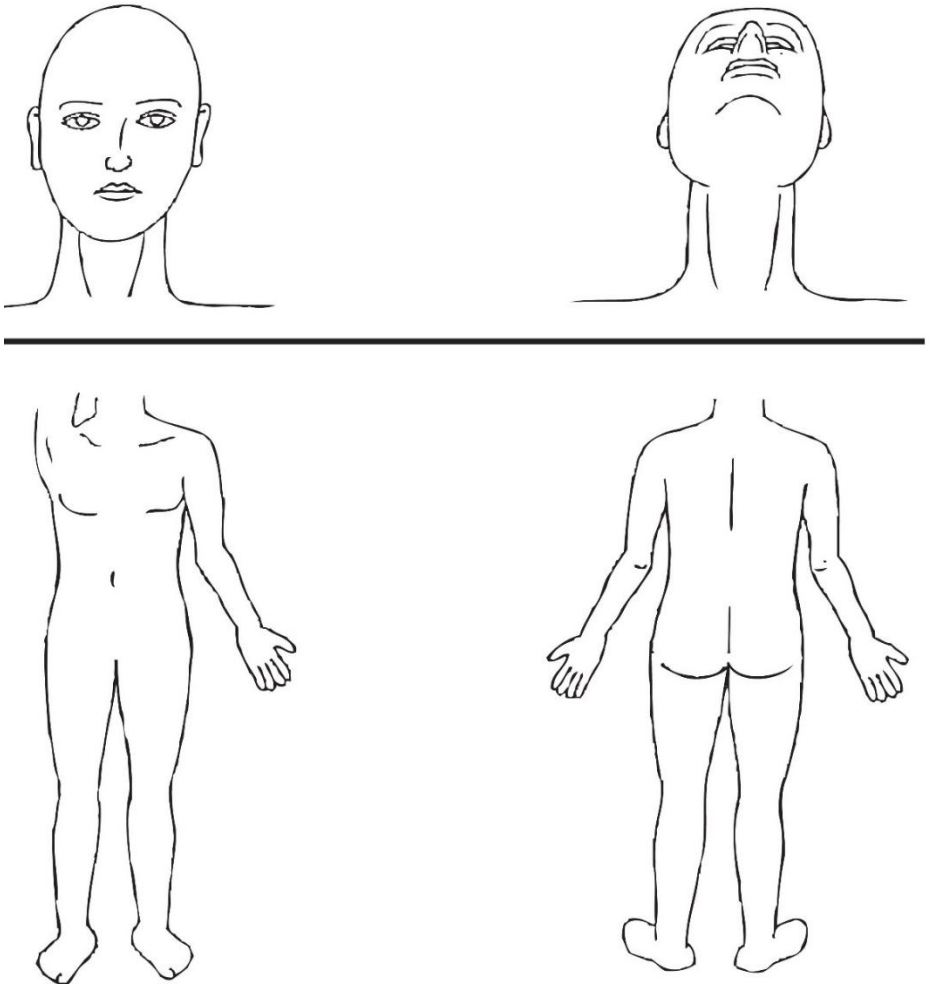
Are you currently sun/wind burnt?	Yes ☐	No ☐
Do you wear a sun protectant?		
If yes, please specify SPF/frequency of application	Yes ☐	No ☐
Do you suffer from Herpes simplex?		
If yes, please specify where outbreaks occur/frequency and likely triggers	Yes ☐	No ☐

Have you had any of the following within the last 14 days?					
Neuromodulation injections	Yes ☐	No ☐	Light based therapy	Yes ☐	No ☐
Dermal fillers	Yes ☐	No ☐	Laser	Yes ☐	No ☐
Depilatory treatments	Yes ☐	No ☐	Microdermabrasion	Yes ☐	No ☐
Electrolysis	Yes ☐	No ☐	Skin needling	Yes ☐	No ☐
Facial surgery	Yes ☐	No ☐	Skin peeling	Yes ☐	No ☐
IPL	Yes ☐	No ☐	Other	Yes ☐	No ☐
If yes, please specify treatment details (to include treatment dates, frequency, results and client satisfaction with outcome)					

Do you use Retin A or any other prescription skincare products?		
If yes, please specify details	Yes ☐	No ☐
Have you taken/used Isotretinoin or any other skin medication within the last 6-12 months?		
If yes, please specify details	Yes ☐	No ☐

Do you use or have you ever used home care products containing any of the following?					
Exfoliating granules	☐	Glycolic Acid	☐	Lactic Acid	☐
Salicylic Acid	☐	Vitamin A derivatives (Retinol)	☐	Other Acid based products	☐
If yes, please specify frequency, skin reaction after use					
What is your current daily skincare regime, including product details?					
Morning:					
Evening:					
What specific areas of concern?					
What are your expectations of this treatment?					

Skin assessment:			
Skin type and classification:	Balanced ☐	Combination ☐	Dry ☐
	Oily ☐		
	Fitzpatrick scale I ☐	Fitzpatrick scale II ☐	Fitzpatrick scale III ☐
	Fitzpatrick scale IV ☐	Fitzpatrick scale V ☐	Fitzpatrick scale VI ☐
	Glogau photo damage ☐	Lancer Scale ☐	
Additional comments			
Skin condition:	Sensitive ☐	Dehydrated ☐	Mature ☐
	Broken capillaries ☐	Papules ☐	Open pores ☐
	Dark circles ☐	Pigmentation ☐	Scarring ☐
	Erythema ☐	Skin lesions ☐	Moles ☐
	Photo/sun damage ☐	Primary and secondary lesions ☐	Textural irregularities ☐
	Keloid scarring ☐	Static and dynamic wrinkles ☐	Congestion /excessive oil ☐
Skin hydration levels:			
Skin collagen levels:			
Skin density:			
Epidermal thickness:			
Pore size:			
Skin laxity:			
Overall skin health:			
Skin healing ability:	Brown pigmentation ☐	Pink/fades to white ☐	hypertrophic/keloid ☐
	Additional comments		
Skin sensitivity tests: (Documentary evidence of Skin test patch to be included)	Date:		
	Area(s) tested:		
	Test patch reaction:	Positive ☐	Negative ☐
	Thermal test:	Positive ☐	Negative ☐
	Tactile test:	Positive ☐	Negative ☐
	Additional comments		

<table>
<tr><td rowspan="2">Treatment objectives:</td><td>Reduction of fine lines ☐</td><td colspan="2">Reduction of superficial telangiectasia/vascular lesions ☐</td></tr>
<tr><td>Improvement of superficial blemishes ☐</td><td>Improvement of pigmentation variations ☐</td><td>Improvement of skin texture ☐</td></tr>
<tr><td rowspan="6">Area(s) to be treated: (detail where appropriate)</td><td colspan="3"></td></tr>
<tr><td>Face</td><td colspan="2"></td></tr>
<tr><td>Neck</td><td colspan="2"></td></tr>
<tr><td>Body - Torso</td><td colspan="2"></td></tr>
<tr><td>Body - Limbs</td><td colspan="2"></td></tr>
<tr><td>Body - Other</td><td colspan="2"></td></tr>
<tr><td>Pre-treatment visual media images taken:</td><td>Yes ☐</td><td>No ☐</td><td></td></tr>
<tr><td colspan="4">Comments</td></tr>
</table>

Treatment parameters/details – (including client reaction to treatment and ALL treatment parameters):			
(Wavelength, fluence, pulse duration/width, delay, repetition, spot size)			
Duration of application:			
Reaction levels:			
Areas requiring modification:			
Skin reaction to treatment:			
Post-treatment visual media taken:	Yes ☐	No ☐	
Client feedback:			
Post-care/Home care advice given:			
Comments			

Pre-treatment consent and treatment information

The intense pulsed light treatment is designed to rejuvenate and improve skin condition and appearance. During the treatment you may experience a mild stinging or a sensation similar to a rubber band snapping and there may be a smell of scorched skin/hair. This will fade following treatment, but you should tell your advanced non-medical aesthetic practitioner about the sensations you experience during treatment.

Immediately following treatment, you may experience mild erythema (redness) for 1-2 days

Your active involvement before, during and after the treatment will establish the treatment outcome. It is vital that you adhere to the pre-treatment skincare regime and homecare protocols as instructed by your advanced aesthetic practitioner.

Client name: _____

Please initial those that apply:

_____ I have provided accurate medical information details to my advanced aesthetic practitioner.

_____ I am not pregnant or lactating.

_____ I do not have any active Herpes simplex (cold sores). Prophylactic antiviral medication or tropical antiviral cream may be used up to 2 days before treatment and up to 3 days after treatment.

_____ I agree to follow the advice of my advanced aesthetic practitioner regarding the use of skin or body products 3-5 days prior to treatment.

_____ I agree not to receive any of the following on the treatment area 1 week prior to treatment –Neuromodulation injections/injectable dermal filers or needling treatments.

_____ I agree not to receive any of the following on the treatment area 30 days prior to treatment – sunbathing, use of sunbeds, use of tyrosinase inhibitor.

_____ I agree to avoid the use of self-tanning products 2 weeks prior to treatment.

_____ I agree to avoid the use of any prescribed topical products such as Retin A, Salicylic Acid a minimum of 2 weeks prior to treatment.

_____ I agree to avoid the use of active skin care 3-5 days prior to treatment.

_____ I confirm that I have not used Isotretinoin in the past 6 months.

_____ I agree to follow the treatment protocol advised by my advanced aesthetic practitioner prior to treatment.

_____ I agree to avoid direct sun exposure.

_____ I agree to apply a sunscreen daily (minimum SPF30).

_____ I agree to avoid any heat treatment immediately prior to treatment.

_____ I agree to notify my advanced aesthetic practitioner of any concerns.

_____ I understand that the following contra-actions may occur:

- Inflammation
- Itching/irritation
- Oedema
- Excessive perifollicular oedema
- Blistering
- Oozing/crusting
- Bruising
- Spots of bleeding under the skin
- Burns
- Dizziness
- Swelling
- Smell of scorched skin/hair
- Hypopigmentation
- Hyperpigmentation
- Urticaria
- Post-inflammatory hyperpigmentation (PIH)
- Erythema
- Hyperaemia
- Sensitivity
- Infection
- Cellulitis
- Excessive discomfort
- Skin greying or whitening
- Unexplained increased hair growth
- Excessive perifollicular erythema
- Scarring

_____ I understand that thermal/tactile tests must be performed in order to ascertain my levels of sensitivity.

_____ I understand that there is a possibility of unexplained hair growth in the area.

_____ I understand that treatment results are varied and not guaranteed.

_____ I have discussed my expectations and goals with my advanced aesthetic practitioner.

_____ I have discussed the treatment limitations and possible complications with my advanced aesthetic practitioner.

_____ I acknowledge the possibility of an adverse reaction to treatment and take sole responsibility for any medical care that may become necessary. I agree to immediately inform the practitioner performing the treatment of any adverse effects.

_____ My advanced aesthetic practitioner has provided treatment information and answered all of the questions I have concerning this treatment.

_____ I fully understand all of the above information.

Client name: _____

Client signature: _____

Advanced aesthetic practitioner name: _____

Advanced aesthetic practitioner signature: _____

Date: _____

Photographs/multimedia images of the treatment area are taken before each treatment and after each treatment to monitor and document progress.
I hereby authorise _____ to take photographs/media images of the area before and after each treatment and after my treatment series. Client signature: _____ Date: _____

Photographs/multimedia images are useful tools for educating others about conditions such as your own.
I hereby authorise _____ to use or show photographs/media images of the treatment area(s) I have received for the purpose of education. Client signature: _____ Date: _____

Post treatment instructions

In order to achieve the best results possible, it is important that you read and understand the following instructions. Your advanced aesthetic practitioner will discuss the required post treatment protocols with you following treatment; these instructions must be adhered to as advised by your advanced aesthetic practitioner.

1. Your advanced aesthetic practitioner will advise you of the expected treatment recovery time and skin response
2. Avoid additional heat treatment such as saunas, steam rooms, sun beds for 48 hours as excess heat can lead to discomfort, inflammation and irritation
3. Immediately following treatment, it is essential that you apply a broad spectrum physical sunscreen (minimum SPF30). This must be reapplied according to manufacturer's instructions
4. Avoid direct sun exposure for 48 hours following treatment
5. Avoid strenuous/excessive exercise for 24 hours to prevent overheating/increased blood circulation
6. Increase water intake to at least 2 litres per day
7. Avoid the use of glycolic acid, retinol, AHA/BHA products for at least 24-48 hours
8. Use post treatment products as instructed by your advanced non-medical aesthetic practitioner
9. Your advanced aesthetic practitioner will advise you of ongoing treatment recommendations and suitable treatments which may be used in conjunction with intense pulsed light treatment

Additional information:

I accept the results of the treatment performed today and I understand and agree to adhere to the above instructions. I agree to contact my advanced aesthetic practitioner with any additional questions I may have.

Client name: _____

Client signature: _____ Date: _____

Advanced aesthetic practitioner name: _____

Advanced aesthetic practitioner signature: _____ Date: _____

Teacher/Assessor name: _____

Teacher/Assessor signature: _____ Date: _____

Skin sensitivity tests

Client information
Please read carefully and only sign if you are in full agreement with its contents.

I _____ confirm that I have received the required skin sensitivity/patch test(s) 24-48 prior to intense pulsed light treatment and have had a sufficient cooling off period to make an informed choice and confirm that I am willing to proceed with the treatment as agreed.

You should note that if the learner is unable to explain to you the treatment contra-actions and contra-indications or is unsure of anything that may apply to a specific condition then they should not treat you without asking you to consult with your GP or Consultant.

It is your responsibility and not that of the learner to consult your GP or Consultant.

I hereby indemnify the learner against any adverse reaction sustained as a result of the treatment.

Client signature: _____ Date: _____

Learner signature: _____ Date: _____

Treatment evaluation and reflective practice

Treatment evaluation and reflective practice	*Treatment evaluation and reflective practice should include, but is not limited to* • Indications for the treatment of skin rejuvenation using intense pulsed light systems Factors to consider when treatment planning, including (but not limited to), client's needs and expectations, contra-indications, skin characteristics, previous treatments and test results • Pain threshold and sensitivity variations • Organisation protocols for referring client for medical permission prior to treatment • Pre and post treatment advice • Treatment timing and intervals of treatments • Contra-actions, adverse reactions and appropriate complications management • Any adaptations/modifications required for future treatments with rationale • Client feedback and compliance with aftercare