

This document is designed to provide information about the [TotalSkin Solution™](#) procedure, its benefits, potential risks, and alternative procedures. It is important that you read this information carefully and have all of your questions answered before signing the consent form.

Safe for All Skin Types & Tones | All Year Around | Improved Comfort | Immediate & Progressive Results | Minimal Downtime

The Technology: FDA approved GENIUS™ by LUTRONIC which is the world's leading Radiofrequency (RF) Microneedling device and LaseMD Ultra™ by LUTRONIC, which is considered the "next-generation" in non-ablative fractionated skin resurfacing and rejuvenation.

The Procedure: [TotalSkin Solution™](#) is a combination procedure using two best-in-class devices. First, the [Lutronic Genius](#) delivers a precise amount of thermal energy deep into tissue for long-term deep tissue skin remodeling. Next, the [Lutronic LaseMD Ultra](#) rejuvenates the outermost layers of the skin. By treating all layers of the skin at one time a synergistic effect provides a unique anti-aging solution for both immediate and progressive results. The controlled damage created by [TotalSkin Solution™](#) triggers the body's natural healing response producing new collagen and elastin at an increased rate to rejuvenate, lift, tone, and tighten skin. This versatile procedure is safe for all skin types and tones and can be used across all areas of the body safely. Individual results may vary and are difficult to predict. Many people see remarkable improvements after a single session. However, consecutive treatments are highly recommended to encourage optimal results. Maintenance sessions may be required in the future even if excellent results have been achieved.

Indications: Deep Lines & Wrinkles, Acne & Acne Scarring, Sun Damage, Skin Laxity (e.g. sagging jowls or vertical chest lines), Irregular Skin Tone & Texture, Enlarged Pores, Surgical or Accident Scarring, and Stretch Marks.

Recommended Course of Treatment: 3 treatments every 4 - 6 weeks (acne scars and stretch marks require additional more aggressive treatments). Maintenance treatments can be performed as desired.

Contraindications include, but are not limited to the following:

- Pregnancy or breastfeeding
- Accutane (*isotretinoin*) in the last 6 months
- Retin A topical or other skin-irritating products
- Aesthetic procedures / injections in the last 2 weeks
- Blood-thinning medications within the last week (*Aspirin, iron supplements, herbal supplements such as ginkgo, ginseng, garlic, or St. John's Wort*)
- History of keloid scarring or abnormal wound healing
- Skin cancer or suspicious lesions
- Allergies to local anesthetics, metals (i.e. gold)
- Sunburn (*natural sunlight, tanning*), extreme sensitivity, rosacea
- Poorly controlled medical conditions (*i.e. diabetes, vascular*)
- Impaired immune system and/or use of immunosuppressive medications
- Active infection, cold sores (*Herpes Simplex*), psoriasis, eczema, and dermatitis
- Tattoos and/or permanent makeup
- Implanted medical devices in the treatment area
- Impaired judgment, psychological conditions, and substance or alcohol abuse
- **Patients with unrealistic expectations**

Risks & Possible Side Effects include, but are not limited to the following:

- Patient failure to follow pre / post care instruction concerning appropriate activity, product use, and sun protection.
- Depending on individual tolerance level, indication, or treatment settings, patients may feel some pain or discomfort during the procedure.
- Common expected skin reactions included erythema (redness), edema (swelling), itching, stinging sensation, and slight irritation or discomfort, which may last 2-4 days. All these reactions may become re-aggravated with heat or sweating.
- Other less common reactions include petechiae (pinpoint scabbing), or purpura (bruising), which can take several days to resolve.
- Activation of individual sensitivities that may include, but are not limited to Herpes Simplex, cold sores, or acne flare-up.
- Any time a skin procedure is performed infection is possible.
- Pigment changes (light or dark spots on the skin) lasting 1-6 months or longer may occur.
- Rarely burns, blisters, or scarring of the treated area may occur.

Although the majority of patients do not experience any side effects and/or complications, you should discuss each of the above with your practitioner to make sure you understand the limitations, risks, and potential complications of this elective aesthetic procedure.

Alternative Procedures: [TotalSkin Solution™](#) is an elective aesthetic procedure, which is not medically necessary or required.

In-Person Consultation is Required to assess suitability for GENIUS® RF Microneedling. Questionable medical conditions and medications will require a clearance from your physician.



Pre / Post Care Instructions: Compliance with the recommended pre / post-care instructions as well as recommended follow-up visits by your practitioner are crucial for the success of your treatment and to prevent unnecessary side effects or complications. It is your responsibility to inform your practitioner of any changes in medical history, medications, and most recent sun exposure before each treatment is performed.

Before Your Treatment

- Pre-treating the skin with topicals such as hydroquinone, tretinoin, and/or glycolic acid for skin types III–V may be helpful in reducing the potential risk of pigmentation. (This is optional and not a treatment requirement). Discontinue use 3 days prior to treatment.
- You may not be pregnant or lactating.
- Patients who have used Accutane or similar products within the last 6 months CANNOT be treated.
- Discontinue the use of any topical products that may be drying or irritating (e.g. AHAs, BHAs, retinoids) 3 days prior.
- Avoid anti-inflammatory drugs (NSAIDs) for at least 3 days prior. These actions may interfere with the natural inflammatory process critical to proper healing and skin rejuvenation.
- Avoid taking any blood-thinning agents for 3-7 days prior unless otherwise prescribed by your physician.
- Avoid unprotected sun exposure, or tanning for at least 2 weeks prior to your procedure. Always use an SPF 30 or higher containing zinc oxide and/or titanium dioxide for proper sun protection.
- Avoid other aesthetic procedures or cosmetic injections in the area(s) to be treated for 2 weeks before and after.
- If you are prone to cold sores, it is recommended to take antiviral medication for 7 or more days before and after.
- Stay hydrated by drinking 8+ glasses of water daily to improve results & healing time.
- Avoid alcohol consumption for 3 days before and after.
- The ideal time to schedule this procedure is at least 2 weeks before a big event.

Day of Treatment

- Arrive with clean skin free of any lotion, oil, makeup, powder, or sunscreen.
- Notify your practitioner of any changes in your medication, health status, or personal activities that may be relevant to your treatment.
- Topical numbing cream for 30-45 minutes or small lidocaine injections may be administered to maximize your comfort during the procedure.
- You will be provided with a post-procedure kit to use for the 7-10 days after your procedure.

After Your Treatment

What to Expect:

- Patients will experience erythema (redness), edema (swelling), and a warm stinging / sunburn-like sensation for several days post-treatment, however, for more aggressive treatments, these symptoms may last longer.
- Other possible skin reactions include excessive irritation, itching, or sensitivity which may last for 3 or more days.
- Sleep with head elevated to 45° for 3 days. Change your pillowcase daily or lay on a clean towel each night.
- Results are both immediate and progressive. Multiple treatments may be required to achieve individually desired results.
- Commonly patients experience purging of water retention caused by swelling and impurities in the form of water blisters (petechiae) or acne breakouts. DO NOT open or pop these as this is normal and should resolve naturally within a few days.

48 Hour Care:

- DO NOT wear Makeup for at least 48 hours.
- Avoid all strenuous activity for a minimum of 48 hours as sweating increases infection risk and heat intensifies swelling.
- DO NOT USE ICE on the treatment area. DO NOT use any anti-inflammatory drugs (NSAIDs). These actions may interfere with the natural inflammatory process critical to proper healing and skin rejuvenation.
- DO NOT pick, scratch, exfoliate or excessively rub the treatment area. It is imperative to allow natural healing to minimize complications. Treat the skin gently as if you have a sunburn.

General Care:

- Extreme care should be taken to prevent trauma to the treated area especially for the first few days after the procedure.
- You may take Tylenol for post-treatment discomfort or Benadryl / Zyrtec if you experience excessive itching (histamine reaction).
- Avoid All Direct & Indirect Sun Exposure. Use an umbrella, hat or any other available protection against sunlight while outdoors.
- Always use an SPF 30 or higher containing zinc oxide and/or titanium dioxide for proper sun protection. Begin using an SPF of 30 or higher starting 48 hours after your treatment.
- Do not have any other treatments for at least 2 weeks after your procedure or until the skin has completely healed.
- Your practitioner will make individual recommendations on when to resume normal skincare (typically after 7 days).
- Keep the treated area clean and well hydrated (specifically for the first 7 days). DO NOT scrub skin when cleansing.

If you experience any severe side effects, such as prolonged redness or swelling, histamine reaction, blisters, burns, or signs of infection please contact your practitioner immediately for proper assessment and further care instructions.