

# Physiq Body Contouring Informed Consent

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Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Male / Female

Reason for visit: \_\_\_\_\_

Changes in Medical History/Medications: Yes \_\_\_\_\_ No \_\_\_\_\_ Client Initials: \_\_\_\_\_

If yes, please list: \_\_\_\_\_

## Current Conditions, Previous Discomfort, Stinging or Adverse Reactions

Please check any that apply.

- Inflammation in the treatment area
- Skin trauma, swelling, or abrasions
- Recent operations around the area of treatment
- Recent tattooing, microblading, or feather touch treatments
- Botox/dermal fillers
- Skin Disorders/disease  Eye infections/conjunctivitis  Use of skin thinning products
- Previous reaction to dyes or Henna application
- Chemotherapy (current cancer treatment) or Current cancer
- Hypersensitive skin
- Sunburn or Tanning Bed Use

Have you had waxing or any skin care treatments before and experienced a reaction?  Yes  No

Details \_\_\_\_\_

## Allergy & Medical History:

Do you have a pacemaker, and/or defibrillator?  Yes  No

Have you been diagnosed or suspected to have epilepsy?  Yes  No

Do you have diabetes, lupus, or any autoimmune disease?  Yes \_\_\_\_\_  No

Do you have allergies?  Yes (please specify) \_\_\_\_\_  No

Have you had an allergic reaction to hair color?  Yes (please specify) \_\_\_\_\_  No

Have you had any skin problems in the past 4 weeks?  Yes (please specify) \_\_\_\_\_  No

Have you recently had a chemical peel or microdermabrasion?  Yes **(date)** \_\_\_\_\_  No

Do you use products containing retinol or AHA?  Yes (please specify) \_\_\_\_\_  No

Any medications (Prescribed and Over the Counter including vitamins/herbs/supplements) or Skincare products you are currently using. \_\_\_\_\_

Any illnesses or conditions you are being treated by a physician for? \_\_\_\_\_

*Before proceeding with the Physiq body contouring treatment, we want to make sure that you have been fully informed about the procedure and its potential risks and benefits. Please read the following information carefully and feel free to ask any questions before signing the consent form.*

## Nature of the Procedure

Physiq body contouring is a non-invasive cosmetic procedure designed to improve body shape and reduce localized areas of fat. It utilizes a technology called radiofrequency (RF) heating combined with electromagnetic field energy to target and disrupt fat cells while also stimulating collagen production in the skin. It is the only device to utilize STEP technology (Sequential Thermal & Electrical Pulse) for the body by incorporating both electrical muscle stimulation (EMS) and a super luminescent diode matrix (SDM). Cooling future in applicators for comfort.

During a Physiq body contouring treatment, a device is used to deliver RF energy and electromagnetic pulses to the targeted areas of the body. The RF energy heats the underlying layers of skin, causing the fat cells to release their contents and shrink in size. The electromagnetic pulses create mechanical vibrations that further disrupt the fat cells. The heating effect of the RF energy also stimulates collagen production, which helps tighten and firm the skin, reducing the appearance of cellulite and improving overall skin texture.

One of the advantages of Physiq body contouring is that it is a non-surgical and non-invasive procedure. This means there are no incisions or anesthesia required, and there is minimal downtime and discomfort associated with the treatment. Most people can resume their normal activities immediately after the procedure.

The treatment involves the use of a handheld device that is applied to the targeted areas of the body. Damn Near Perfect Laser and Skin Spa uses Physiq Applicator Hydrogel SDM Conductivity Gel Pads that offer the proper conductivity resistance, which allows SDM light energy and active cooling to pass through without damaging the integrity of the pad, thus enabling a safe and seamless application and treatment. On average, a single PHYSIQ session takes between 15 and 30 minutes, depending on the treatment area.

Damn Near Perfect Laser and Skin Spa uses an FDA-cleared electroconductive gel that is applied to the gel pads with are attached to the handpieces. The gel is free of parabens, fragrances, dyes, phthalates, and silicone. A water-based hypoallergenic formula that is also non-staining and greaseless will also moisturize and soften your skin in the process.

## Expected Outcomes

Physiq body contouring is not a weight loss procedure, but rather a way to improve the appearance of the skin and the contour of the body. Physiq RF for body contouring, causes fat cells to rupture and collapse without the risk of harming surrounding tissue. Once dead, **fat cells are expelled via the liver** thanks to your body's natural metabolic process. As fat leaves your body, you'll see a gradual improvement in your body's contour. Avoid drinking alcohol as it can impair the liver's ability to metabolize and eliminate the destroyed fat cells, which can negatively impact the treatment's effectiveness. Moreover, alcohol can cause inflammation and delay the healing process, potentially leading to longer recovery times.

The expected outcomes of the treatment include smoother, firmer, and more toned skin, as well as a reduction in the appearance of cellulite. With each treatment session, you can expect to lose **between 20% and 80%** of the fat cells that currently exist in each treatment region.

## Contraindications

- Patients with cardiac demand pacemakers and/or defibrillators, auxiliary electric organs.
- Metal in the treatment area.
- Copper IUD
- Sunburned skin.
- Pregnant or nursing.
- Cardiac issues, phlebitis or blood clots, active hernia, hypertension, abnormally high blood pressure.
- Cancer, skin infections, and open wounds in the treatment area
- Epilepsy
- Psychiatric or psychosomatic illness
- Over areas of the skin that lack normal sensation.
- **Diabetes, thyroid hyperfunction, endocrine syndromes, hepatic or kidney insufficiency, repaired hernia.**

## Risks and side effects

While Physiq body contouring is generally considered safe, there are some potential risks and side effects associated with the treatment. *(These include)*

- Mild to moderate discomfort during the procedure.
- Redness, swelling, and bruising in the treated area.
- Temporary numbness or tingling.
- Skin burns or blisters in rare cases.

## Pre-treatment instructions *(Before undergoing Physiq body contouring, you should)*

- Wear comfortable clothing with no metal on them. Include removing all jewelry.
- Inform your healthcare provider if you have any medical conditions or take any medications that may affect the treatment.
- Avoid sun exposure and tanning for at least two weeks before the treatment.
- Avoid using any skincare products that contain retinol or alpha hydroxy acids for at least one week before the treatment.
- Avoid aspirin or blood thinning medications and supplements, if allowed
- No spray tan, lotions, deodorant, or makeup in the treatment area
- ***The area needs to be cleaned and shaved.***

## Post-treatment instructions *(After the treatment, you should)*

- Avoid strenuous exercise and activities that may cause sweating for at least 48 hours. A walk or light exercise is beneficial post-treatment.

- No heat exposure, hot tubs, saunas, steam, or hot shower should be avoided for 2-3 days after treatment.
- Drink plenty of water to stay hydrated.
- Limit your alcohol intake, especially with lots of sugar.
- Apply a moisturizer to the treated area to prevent dryness.
- Patients should massage the treatment area with lotion twice daily for optimal outcomes.
- Avoid prolonged sun exposure and tanning for at least two weeks after the treatment.
- You may have some mild muscle tenderness that can last 1-5 days.
- Apply Sunscreen with an SPF of at least 50 and avoid any direct sunlight in the treatment area.

## Alternative treatments

There are other treatments available for body contouring, including liposuction, laser lipolysis, and CoolSculpting. These treatments may be more invasive or have different risks and benefits compared to Physiq body contouring.

*By signing this consent form, I acknowledge that I have read and understood the information provided above. I understand the nature of the procedure, the expected outcomes, and the potential risks and side effects. I agree to undergo the Physiq body contouring treatment and follow the pre- and post-treatment instructions provided.*

Although we take every precaution to ensure your safety and well-being before, during, and after your service, please be aware of the possible risks below. **Please initial**

\_\_\_\_\_ I understand that body contouring can have certain side effects such as skin removal, redness, swelling, tenderness, cardiac issues, etc.

\_\_\_\_\_ I understand that body contouring does not treat medical conditions, nor does it claim or guarantee to treat or relieve any medical condition.

\_\_\_\_\_ I give Damn Near Perfect Laser and Skin Spa permission to perform the procedure we have discussed and will hold her and her staff harmless from any liability that may result from this treatment.

\_\_\_\_\_ I have read and understand the post-treatment home care instructions. I am willing to follow recommendations made by Damn Near Perfect Laser and Skin Spa for a home care regimen that can minimize or eliminate possible negative reactions.

\_\_\_\_\_ I understand that in the event I have questions or concerns regarding my treatment, I will consult with Damn Near Perfect Laser and Skin Spa immediately.

*I have fully read and understand and hereby acknowledge the contents of this consent form in its entirety including my responsibilities detailed throughout this document. I have been allowed to ask questions about the products, application procedure, and any risks or hazards involved.*

**Print Name** \_\_\_\_\_ **Client Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

Provider Signature \_\_\_\_\_ Date \_\_\_\_\_

## Body Contouring Treatment Log

Client Name \_\_\_\_\_ Male / Female Weight \_\_\_\_\_

What are your goals for treatment? Check all that apply.

- Weight Loss    Firming    Hourglass    Lose Inches    Cellulite    Other

Have you ever had previous weight treatments? YES / NO

If yes \_\_\_\_\_

Assessment: **Rank the areas of concern 1- 10 with "1" as the most troublesome area**

- |                              |                    |                      |
|------------------------------|--------------------|----------------------|
| 1 Arms _____                 | 4 Flanks _____     | 7 Banana Roll _____  |
| 2 Bra Bulge/Upper Back _____ | 5 Lower Back _____ | 8 Outer thighs _____ |
| 3 Stomach/Abs _____          | 6 Buttocks _____   | 9 Inner thighs _____ |
|                              |                    | 10 Legs _____        |

**Female**

**Male**

