

INFORMED CONSENT FOR FACIAL (COSMETIC) ACUPUNCTURE

Dr. Bena Lun, Naturopathic Doctor

PLEASE READ THIS DOCUMENT CAREFULLY AND COMPLETELY. INITIAL THE BOTTOM OF EACH PAGE WHERE INDICATED TO CONFIRM THAT YOU HAVE READ THE PAGE. YOUR SIGNATURE ON THE LAST PAGE INDICATES THAT YOU HAVE READ THIS 3-PAGE DOCUMENT IN ITS ENTIRETY, UNDERSTAND THE EXPECTATIONS AND RISKS ASSOCIATED WITH FACIAL (COSMETIC) ACUPUNCTURE, AND CONSENT TO TREATMENT.

CONSENT: I hereby request and consent to Facial (Cosmetic) Acupuncture treatment by Dr. Bena Lun, ND. I understand that Facial (Cosmetic) Acupuncture is not a surgical procedure and is, in no way, intended as a substitute for cosmetic surgery.

DESCRIPTION OF CARE: Facial (Cosmetic) acupuncture involves the insertion of acupuncture needles into the face, neck, and body, and this treatment is designed to facilitate re-balancing of Qi (energy) throughout the body in accordance with the theory of Traditional Chinese Medicine (TCM), and to induce local changes in facial tissues to produce physical modifications. Dr. Lun, ND may, at any time during the process, adjust treatment to address: 1) Changes in my condition, 2) Changes in my desired result, and/or 3) Changes in the professional standards of acupuncture and/or naturopathic care. I agree to such adjustments to optimally address my well-being, my objectives, and to take advantage of the full range of care options for me.

POTENTIAL BENEFITS: The purpose of Facial (Cosmetic) Acupuncture is to promote a younger and more vibrant appearance, and may cause the following changes: improved skin and muscle tone, decreased puffiness around the eyes, firming of sagging skin, elimination or reduction of fine lines and wrinkles, and improved complexion.

NO GUARANTEE: I understand that results are not guaranteed. Although positive results are expected, there is no guarantee or warranty, either expressed or implied, of the results that may be obtained.

CONTRAINDICATIONS & CAUTIONS TO TREATMENT:

I confirm that I do **NOI** have the following conditions (please mark all that apply):

- | | |
|---|---|
| <input type="checkbox"/> Pregnancy | <input type="checkbox"/> Taking blood thinning medications
(e.g. Aspirin, Coumadin (Warfarin), Eliquis, Xarelto, etc.) |
| <input type="checkbox"/> Migraine headaches | <input type="checkbox"/> Taking other medications and/or supplements that may thin
blood |
| <input type="checkbox"/> Diabetes mellitus | <input type="checkbox"/> (e.g. Ibuprofen, Curcumin/Turmeric, Ginger, Fish oil) |
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Laser re-surfacing to skin within the last 30 days |
| <input type="checkbox"/> Pacemaker | <input type="checkbox"/> Botox injections within the last 90 days |
| <input type="checkbox"/> Lymphedema in face | <input type="checkbox"/> Facelift within the last 6 months |
| <input type="checkbox"/> Pituitary disorder (e.g. tumour) | <input type="checkbox"/> Acute cold / flu |
| <input type="checkbox"/> Cancer, AIDS | <input type="checkbox"/> Acute infectious skin lesion |
| <input type="checkbox"/> Hepatitis | <input type="checkbox"/> Acute herpes outbreak |
| <input type="checkbox"/> Seizure disorder, Parkinson's disease | <input type="checkbox"/> Acute allergic reaction |
| <input type="checkbox"/> Easy bruising, easy bleeding and/or
bleeding disorder | |

ALTERNATIVE TREATMENT OPTIONS: I understand that other alternatives exist for cosmetic care including (but not limited to) surgery, such as surgical facelift, chemical face peels, or liposuction. I realize that there are also risks and potential complications associated with these alternative forms of treatment.

RISKS OF COSMETIC ACUPUNCTURE: I understand that, like with almost any procedure, there is a certain amount of risk associated with Facial (Cosmetic) Acupuncture. Although the majority of patients do not experience complications, I am aware of the possible adverse reactions to Facial/Cosmetic Acupuncture. Some of the most common complications are listed on the following page.

COMMON COMPLICATIONS THAT MAY OCCUR WITH FACIAL (COSMETIC) ACUPUNCTURE:



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Bleeding, bruising, and swelling – As with acupuncture in general, when a needle is removed some minor bleeding may occur. This is normal and usually does not leave a bruise. Occasionally, however, a bruise or hematoma may appear. If I experience bruising in conjunction with the treatment, I am advised to wear sunscreen when going outdoors. Topical and internal remedies will be discussed to address bruising. Minor local swelling is common up to 48 hours following treatment. If I experience extensive and/or prolonged swelling, I will contact Dr. Bena Lun, ND immediately, and will seek additional medical care as advised.

Infection – Infection at the needle site is very rare after an acupuncture treatment because the needles are sterile. If I suspect infection at the needling site (i.e. redness, swelling or warm to touch), I will contact Dr. Bena Lun, ND immediately, and will seek additional medical care as advised.

Damage to deeper structures – Tissues deeper to the body than the skin, surface capillaries, subcutaneous fat, and facial muscles are rarely damaged during a Facial (Cosmetic) Acupuncture treatment. If this does occur, the injury may be temporary or permanent.

Asymmetry – All facial structures are naturally asymmetrical. Results from Facial (Cosmetic) Acupuncture may vary from one side of the face and/or body to the other due to this natural asymmetry, previous injuries on one side of the body, or severity of symptoms from one side or the other.

Nerve injury – Injury to motor or sensory nerves very rarely results from Facial (Cosmetic) Acupuncture treatments. Nerve injuries may cause temporary or permanent loss of facial movements and feeling. Such injuries may improve over time. Injury to the sensory nerves of the face, neck and ear regions may cause temporary or, more rarely, permanent numbness. Painful nerve scarring is extremely rare.

Needle shock – Needle shock is a rare complication that may happen during any acupuncture treatment. If you feel faint or shaky during the treatment, please inform Dr. Bena Lun, ND immediately.

Allergic reaction – In rare cases, local allergic reactions to topical preparations have been reported. These reactions may require additional treatment or discontinuation of the topical preparation used.

Delayed healing – Delayed healing is a rare complication. Smoking and certain health conditions such as diabetes and chronic fatigue syndrome may prolong healing time from any complications.

Unsatisfactory results – I understand that Facial (Cosmetic) Acupuncture is not a surgical procedure and typically does not yield drastic changes quickly. The alternatives to this cosmetic procedure, as well as the potential risks associated with Facial (Cosmetic) Acupuncture, have been outlined in this document.

Long-term effects – Following Facial (Cosmetic) Acupuncture treatments, changes in facial appearance may occur as the result of the normal process of aging, weight loss or gain, sun exposure, stress, illness, or other circumstances not related to acupuncture. Additional treatments may be required in the future to maintain results.

Unforeseeable impacts – There are many factors, in addition to the risks and potential complications described in this document, that may influence the long-term results of Facial (Cosmetic) Acupuncture treatments. While the complications cited in this document are more commonly associated with Facial (Cosmetic) Acupuncture treatments, the practice of acupuncture is not an exact science, and other less common complications may occur.

HEALTH INSURANCE / FINANCIAL RESPONSIBILITY: I understand that most health insurance plans do not cover the cost of Facial (Cosmetic) Acupuncture treatments, or the care required for complications resulting from such treatments. I will remit payments for treatments at the time of treatments. Any questions regarding coverage may be directed to my insurance provider.

AGREEMENT AND CONTINUOUS EFFECT: I have read, or have had read to me, the contents of this three-page consent document. The following has been explained to me in a way that I understand:



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a) the risks involved with Facial (Cosmetic) Acupuncture, b) the fact that I have alternatives available to me for cosmetic improvements, and c) a general explanation of the procedures involved in Facial (Cosmetic) Acupuncture treatments. I have also had the opportunity to ask questions about Facial (Cosmetic) Acupuncture, and am satisfied that all my questions have been answered. I acknowledge that no guarantee has been given to me by anyone as to the results that may be obtained. By signing below, I acknowledge that I have been fully informed about, and agree to, Facial (Cosmetic) Acupuncture treatments. I intend for this consent form to cover the entire course of treatment for my present condition and for any future condition(s) for which I seek treatment.

Name of Patient (please print in block letters):

Signature: _____ Date: _____

Naturopathic Doctor: BENA LUN, ND #1868

Signature: _____ Date: _____

