



OLSON ACUPUNCTURE GROUP

Cosmetic Acupuncture Consent Form

PLEASE READ THIS DOCUMENT CAREFULLY AND COMPLETELY. YOUR SIGNATURE ON THE LAST PAGE INDICATES THAT YOU HAVE READ THE DOCUMENT, HAD YOUR QUESTIONS ANSWERED, UNDERSTAND THE EXPECTATIONS AND RISKS ASSOCIATED WITH COSMETIC ACUPUNCTURE, AND CONSENT TO TREATMENT.

This is an informed consent that explains the expectations and risks associated with the *Mei Zen Cosmetic Acupuncture System™*. Please be advised that this treatment is not a surgical procedure.

The purpose of Cosmetic Acupuncture is to create a younger and more vibrant appearance. An acupuncture treatment using the *Mei Zen Cosmetic Acupuncture System™* involves the insertion of acupuncture needles into the face, neck and body in order to reduce the visible signs of aging. According to the theory of Traditional Chinese Medicine there are meridians or pathways of Qi (energy) that flow throughout the entire body. Therefore, it is possible for Cosmetic Acupuncture to address the energy of the entire body making it not merely a “cosmetic” treatment. Your complexion reflects the result of the state of Qi in your entire body.

As with all Traditional Chinese Medicine treatments, like acupuncture, the *Mei Zen Cosmetic Acupuncture System™* involves the patient in a gradual, healthful process that I, Sara Erdman L.Ac., customize for each individual. Your treatments may include other modalities in conjunction with the acupuncture and will be explained if they are required for your care. The *Mei Zen Cosmetic Acupuncture System™* is in no way analogous or a substitute for a surgical facelift.

In receiving cosmetic facial acupuncture, you may experience some of the following changes:

- Improved muscle tone
- Decreased puffiness around the eyes
- Firming of sagging skin
- Elimination or reduction of fine wrinkles
- Even skin tone and improved luster of complexion

ALTERNATIVE TREATMENTS:

Treatment for sagging skin of the jowls and neck, wrinkles, excess skin above and below the eyes, and excess puffiness under the eyes may be corrected by various treatments including, but not limited to, surgical facelift, chemical peels, liposuction, injections, surgical threading, and laser treatments. Risks and potential complications including death, severe scarring, nerve damage, sloughing of the skin, lumpiness, swelling, allergic reaction, and permanent discoloration are associated with these alternative forms of medicine.

RISKS OF COSMETIC ACUPUNCTURE:

In undertaking any procedure, it is important that you understand the risks involved with receiving the *Mei Zen Cosmetic Acupuncture System™*. Although most patients who receive this technique do not experience any complications, the potential side effects or risks are listed below:

- **BLEEDING AND BRUISING** – As with acupuncture in general, when a needle is removed some minor bleeding may occur. This is normal and usually will not leave a bruise. Occasionally, a bruise or hematoma may appear. With bruising, it is important that you wear sunscreen when going outside. Topical and internal remedies will be discussed to address bruising.

- **INFECTION** – Infection at the needle site is extremely rare after an acupuncture treatment because the needles are sterile. If you suspect infection at the needling site (i.e. redness, swelling, or warm to touch), call me. Additional treatment or referral to your M.D. may be necessary.
- **DAMAGE TO DEEPER STRUCTURES** – (Not applicable to *Mei Zen System™*) In certain systems, deeper structures such as blood vessels, nerves, and muscles are rarely damaged during the course of a facial acupuncture treatment. If this does occur, the injury may be temporary or permanent.
- **ASYMMETRY** – All facial structures are naturally asymmetrical. Results may vary from side to side 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 the motor or sensory nerves very rarely results from facial 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 can happen during any acupuncture treatment. If you feel faint or shaky during the treatment, please let me know immediately.
- **ALLERGIC REACTION** – In rare cases, local allergies to topical preparations have been reported. Systemic reactions that are more serious may occur to herbs used during an acupuncture treatment. Skin testing is done prior to application of any herbal preparations. Allergic reactions may require additional treatment or discontinuation of treatment.
- **DELAYED HEALING** – Delayed healing is a rare complication. Smoking and certain health conditions such as diabetes and chronic fatigue syndrome (to name a few) may delay the healing response of any aforementioned risks.
- **UNSATISFACTORY RESULTS** – It is important to understand that you are not having a surgical procedure. The alternatives, risks, and comparisons of surgical procedures versus acupuncture have been discussed and outlined in this document. Please discuss any questions with me before treatment begins.

LONG TERM EFFECTS

Following your 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. It has been explained that the following lifestyle and dietary instructions may enhance the longevity of the cosmetic acupuncture treatment while non-compliance will adversely affect the longevity of the treatment. Additionally, future treatments may be necessary to maintain the results.

HEALTH INSURANCE

As with most cosmetic procedures, most health insurance does not cover the cost of the procedure or complications resulting from the procedure. Please contact your insurance provider if you have any questions about coverage.

FINANCIAL RESPONSIBILITIES

In addition to the fee for the cosmetic acupuncture treatments, herbal or skin care product recommendations may be made. The cost of herbs and/or skin care items is not included in the cosmetic acupuncture fee.

EXPECTATIONS AND GUARANTEE

It has been explained that Cosmetic Acupuncture is not a surgical procedure. My questions regarding longevity of results and expected changes in my facial appearance have been answered. Although good results are expected, there is no guarantee or warranty either expressed or implied on the results that may be obtained. I also understand that I may not achieve the desired results if I am unable to fully commit to the treatment plan and schedule recommended by the practitioner.

DISCLAIMER

Informed consent documents are used to communicate information about the proposed procedure along with disclosure of risks and alternative forms of treatment. They are not intended to define or serve as the standard of acupuncture. However, informed consent documents should not be considered all-inclusive in defining other methods of care and potential risks. Standards of acupuncture are determined on the basis of all the facts involved in an individual case and are subject to change as scientific knowledge and technology advance and as practice patterns evolve. I may provide you with additional/different fact-based information in your particular case and the present state of knowledge within the field of acupuncture.

CONSENT FOR COSMETIC ACUPUNCTURE TREATMENT

I, _____, understand that there are several styles and methods of facial, cosmetic, or rejuvenation acupuncture and have been informed that Sara Erdman, L.Ac., practices Cosmetic Acupuncture.

I recognize that during the course of cosmetic acupuncture treatment, unforeseen conditions may necessitate different procedures than those listed above. I therefore authorize the above acupuncturist and assistants to perform such other procedures required in his or her professional judgment and within his or her scope of practice. The authority granted under this paragraph shall include all conditions that require treatment and are not known to my acupuncturist at the time this procedure is undertaken.

I hereby authorize Sara Erdman, L.Ac. to perform *Mei Zen Cosmetic Acupuncture™*.

My signature below indicates:

1. It has been explained to me in a way that I understand that:
 - a. There are risks involved in the procedure
 - b. I have alternatives available to me for cosmetic improvements
 - c. How the treatment or exposure involved with the protocol will be undertaken.
2. Sara Erdman, L.Ac. has addressed my questions and expectations.
3. I acknowledge that no guarantee has been given to me by anyone as to the results that may be obtained.
4. If applicable, I authorize the release of medical information and I have received a copy of Olson Acupuncture Group’s HIPAA statement.

Patient Signature

Date