

Name DOB.....

ALTER EGO BEAUTY CLINIC
Aesthetic medicine

Address mobile
..... email

Please, fill this form to help us set proper parameters for safe treatment :

Score	0	1	2	3	4	Your Score
Your natural eye color?	Light blue, Gray, Light Green	Blue, Gray or Green	Dark Blue or Hazel	Dark Brown	Brownish Black	
Natural color of your hair?	Sandy or Red	Blonde	Chestnut/ Dark Blonde	Dark Brown	Black	
Color of your non-exposed skin?	Reddish	Very Pale	Pale with Beige Tint	Light Brown	Dark Brown	
Do you have freckles on non-exposed areas?	Many	Several	Few	Incidental	None	

Genetic Disposition Score

Score	0	1	2	3	4	Your Score
What happens when you stay in the sun too long?	Painful redness, blistering, peeling	Blistering followed by peeling	Burns sometimes followed by peeling	Rarely burn	Never had burns	
To what degree do you turn brown?	Hardly or not at all	Light color tan	Reasonable tan	Tans easily	Turns dark brown quickly	
Do you turn brown within several hours after sun exposure?	Never	Seldom	Sometimes	Often	Always	
How does your face react to the sun?	Very sensitive	Sensitive	Normal	Very resistant	Never had a problem	

Sun Reaction Score

Score	0	1	2	3	4	Your Score
When was the last time you exposed your body to the sun, tanning bed or self-tanning cream	More than 3 months ago	2-3 months ago	1-2 months ago	Less than a month ago	Less than 2 weeks ago	
How frequently do you expose the area to be treated	Never	Hardly ever	Sometimes	Often	Always	

Tanning Habits Score

Total Combined Score

Read the proper skin type from tabel below:.

Score	Skin Type
0-7	I
8-16	II
17-25	III
25-30	IV
Over 30	V-VI

Please, print this, sign it and take with you to our clinic

Data Signed

CLINIC USE Wypełnia Terapeuta

data testu

Obszar testu RODZAJ ZABIEGU POZIOM 1 2 3

Parametry lasera filtr energia od do ilość strzałów

Stan skóry po zabiegu Poinformowano pacjenta o 24h okresie odczytu testu

Alter Ego Beauty Clinic, 29c Victoria Street, B70 8EX West Bromwich
Opening hours: From Monday to Friday: 10:00 - 20:00, Saturday: 10:00 - 17:30



Read this before treatment:

While laser treatments are safe and effective for most women and men, there are some people who will not be good candidates for these types of treatments. Here is a general contraindication list that should be considered by anyone who is thinking of undergoing any laser or light based treatments:

Sun exposure and/or artificial tanning during the last four (4) weeks for skin type I/II/III and 8 weeks for skin type IV/V is not recommended.

Pregnancy – and breast feeding ◦ **Medical problems** - you will not be able to receive any laser treatments if you are experiencing any major uncontrolled health problem.

Epilepsy - light based treatments may trigger an epileptic attack.

Diabetes - unstable diabetes patients should never be treated as they will have problems with healing. Any laser treatments on stable diabetes patients need to be executed in close collaboration with the patient's physician.

Lupus or other diseases which may be stimulated by light.

Hormonal disorders - hair removal or treatment of melasma may reduce treatment effectiveness if the hormones are unbalanced. Treatment is possible, but we will need to work in conjunction with your physician to ensure your hormones are under control.

Photosensitive medications and herbs - can cause skin burning and scarring. You should consult with your physician and laser technician to ensure the medication you are taking is not going to cause sensitivity to light. ◦ **Accutane or any related acne medication** - you have to be off Accutane, oral Isotretinoin-Roaccutane, Tretinoin-Retin A (or any related drug) for a minimum of 6 months prior to undergoing any laser treatment - there are no exceptions.

History of bleeding - problems with blood coagulation and use of anticoagulants will lead to skin bruising. You should consult with your physician to see if you can stop taking any anticoagulant medication (including Aspirin) before undergoing any laser treatment.

Active Herpes Simplex in the treatment area - treatment is possible once the outbreak is healed, however you will be required to take prescription strength antiviral medication to keep this condition in remission during the treatment series. Consult with your physician to find out which antiviral medication is best suited for you. ◦

Keloid scarring - if you have a history of abnormal scarring you should avoid any laser treatments.

Internal defibrillator or pacemaker - treatments will not be performed unless pacemaker manufacturer confirms in writing that it is safe to treat the client wearing the pacemaker.

Fragile or dry skin - if you have thin and fragile skin, you will not be able to receive any laser treatments. If your skin is overly dry, you will need to start moisturizing and ensure the condition is under control prior to undergoing any laser treatments.

Any active **inflammatory skin condition** e.g. eczema, psoriasis, infection, rash or any type of dermatitis at the treatment site (because it may aggravate the condition).

ADDITIONAL CONSIDERATIONS

self tanners - stop using all self tanning products a week before any laser treatment.

menstruation - will make your skin more sensitive, so the treatments may be a bit more painful during this period of time ◦ **microdermabrasion's & peels** - must be performed two (2) weeks before and two (2) weeks after each photo rejuvenation treatment.

Topical Retinoid, AHA creams, Salicylic Acid, Benzyl Peroxide - must be discontinued seven (7) days prior to any skin rejuvenation treatment. The use of these products can be restarted seven (7) days post last treatment. In general we advise clients to stop using these products during the treatment series. Topical Retinoid (vitamine A) must be discontinued 6 weeks prior to treatment.

waxing, plucking, 'sugaring' or 'threading' - must be discontinued three (2) weeks prior to hair removal treatment. Laser hair reduction targets the melanin in the hair follicle, so their must be hair follicles present in the skin during the treatment to ensure successful treatment.

Shaving - start shaving your hair as soon as you start considering hair reduction treatments. Shaving will put all of the hair in the treatment area into an active growth stage which will ensure a more successful treatment rate.

To ensure your safety, we ask each and every client to sign they read and understand this form.

You need to know that breaking those rules could involve side effects or change effectiveness of treatment course.

