



## Cosmetic Acupuncture Consent Form

PLEASE READ THIS DOCUMENT CAREFULLY AND COMPLETELY. Initial each page indicating that you have read the page. Your (the patient) signature on the last page indicates that you have read the document, had your questions answered by the practitioner, understand the expectations and risks associated with Mei Zen Cosmetic Acupuncture, and consent to the 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. A Cosmetic Acupuncture treatment involves the insertion of acupuncture needles to the face and/or neck and the 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 (Rumiko Kimura, L.Ac.) customize for each individual. Your treatments may include other modalities in conjunction with the acupuncture and will be explained if there 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 your complexion

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## **OTHER TREATMENTS**

Treatment for sagging skin of the jowl and neck, wrinkles, excess skin above and below the eyes, and excess puffiness under the eyes may be corrected by various methods 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 other forms of treatment.

## **RISKS OF COSMETIC ACUPUNCTURE**

In undertaking any procedure, it is important to understand the risks involved with receiving the Mei Zen Cosmetic Acupuncture System <sup>TM</sup>. Although most patients received this technique do not experience complications, the potential side effects or risks are listed here:

1. Bleeding and/or 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 or internal remedies will be discussed to address bruising if it occurs. If swelling persists, please contact the practitioner.
2. Infection – infection at the needle site is very rare after an acupuncture treatment because the needles are sterile. If you suspect infection at the needle site (i.e. redness, swelling, or warm to the touch), please contact the practitioner. Additional treatment or referral to your M.D. May be necessary.
3. Damage to deeper structures – the Mei Zen system is a very shallow insertion of needles into the skin. However, 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.
4. Asymmetry – all facial structures are naturally asymmetrical. Results may vary from side to side due to the natural asymmetry, previous injuries on one side of the body, or severity of symptoms from one side or the other.
5. Nerve injury – injury to the motor or sensory nerves very rarely results from facial acupuncture. 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.
6. Needle shock – needle shock is a rare occurrence that can happen during any acupuncture treatment. If you feel faint or shaky during the treatment, please let the practitioner know immediately.
7. Allergic reaction – in rare cases, local allergies to topical preparations may occur. 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 reaction may require additional treatment or discontinuation of treatment.

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8. Delayed healing – delayed healing is a rare complication. Smoking and certain health conditions such as diabetes, chronic fatigue syndrome, to name a few may delay the healing response of any of the aforementioned risks.
9. 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 the practitioner 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 following lifestyle and dietary instructions may enhance the longevity of the cosmetic acupuncture treatment while non-compliance will adversely affect the longevity of the cosmetic acupuncture treatment. Additional, future treatments may be necessary to maintain results.

### **HEALTH INSURANCE**

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

### **EXPECTATIONS AND GUARANTEE**

It has been explained that Cosmetic Acupuncture is not a surgical procedure. Your question regarding longevity of results and expected changes in you 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.

### **FINANCIAL RESPONSIBILITIES**

The fee of \$150 for Mei Zen Cosmetic Acupuncture includes:

- Skin care product application before and after Mei Zen Cosmetic Acupuncture protocol
- Mei Zen Cosmetic Acupuncture protocol (needling)
- Life style and skin care recommendations

The practitioner does not accept and is not willing to file claims to any health insurance for Mei Zen Cosmetic Acupuncture.

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**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 of the facts involved in an individual case and are subject to change as scientific knowledge and technology advance and as practice patterns evolve. The practitioner may provide you with additional or different information that is based on the facts in your particular case and the present state of knowledge within the field of acupuncture.

I have read the document, had my questions answered by the practitioner, understand the expectations and risks associated with Mei Zen Cosmetic Acupuncture, and consent to the treatment.

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Signature of the patient

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Date