

Initial _____



Congratulations on deciding to use Cosmetic Acupuncture as your healthy option for looking and feeling younger!

Though the procedure is not well known or publicized in the United States, it has been used for centuries in China by Emperors and the wealthy. Cosmetic Acupuncture is called the “true anti-aging medicine” and is **the only cosmetic procedure that actually improves overall health**. This is why I am very excited to be able to offer it to you here in Houston.

Below are details about the commitment along with some instructions related to your treatments.

I very much look forward to working with you!

Fondly,



Leila-Scott M. Price, MAOM, L.Ac.

The Commitment:

If you are not already an existing patient, this protocol requires 1 initial treatment session where we discuss your medical health history and determine your physical/mental status and any issues you may be having. This is crucial in order that we can begin treating those issues as well. Remember, **this is about holistic vitality and generating health and wellness from the inside out.** This appointment will last about 1.5 hours.

After your initial treatment, you will need to have 2 treatments per week over a 5 week period. These sessions will last about 1.25 hours and must all be booked in advance. Our schedule and yours book up too quickly to schedule the sessions one at a time. Once your 10 Cosmetic Acupuncture sessions are complete, it is recommended that you maintain your results (and whole mind-body health) with a once a month session or, at minimum, a twice-per-week regimen once every six months.

Your results, if lifestyle advice is adhered to, should last 2-5 years, at which point you should repeat the full 10-treatment protocol. Those who really want to stay ahead of the game do the full protocol once a year, often in the fall to look their best for the holiday season. The same adage we use for our health applies to Cosmetic Acupuncture “**an ounce of prevention is worth a pound of cure**” so staying ahead of the curve is a good idea if possible.

Be prepared to receive and follow some lifestyle advice. We will discuss skin care, nutrition, exercise, sleep, stress, herbal and/or nutritional supplements, etc.

The Benefits:

While results are not guaranteed, they usually fall anywhere between subtle and dramatic...just like with acupuncture for other conditions. Some people can get tremendous results right away while others take time to get results.

Some benefits include:

- More radiant skin
- Reduction of deeper wrinkles
- Possible elimination of finer wrinkles
- Lifting effect on the eyelids
- Evening effect on skin tone
- Improvement in the jowls
- Reduction in acne/breakouts

(Please know that if you do not comply with the given lifestyle advice, continue to smoke or drink to excess or get excessive sun exposure, your results will not last as well.)

The Side Effects:

Although not as visually dramatic as a surgical face lift, Cosmetic Acupuncture actually has a much more dramatic overall effect as we see a number of healthy “side effects” occur as a direct result of the treatments.

People report:

- Improved digestion
- Better quality sleep
- Reduction of hot flashes if menopausal
- More regular and/or less painful period symptoms
- Elimination of mild depression and anxiety
- Improved energy and vitality and an overall sense of wellbeing
- General reduction in inflammation and/or pain

So, patients leave not only looking younger, but feeling younger and healthier too.

The Explanation:

This is a relatively non-invasive cosmetic procedure that actually seeks to improve your health and wellbeing from the inside out. The procedure is very low risk because the needling is so superficial.

From a Western medicine perspective: Cosmetic Acupuncture works because the needling causes micro-traumas in the skin. The body responds to these micro-traumas by increasing blood flow, oxygen and the production of collagen and elastin for wound healing. The needling, which is done at the level of the dermis, also seems to stimulate biochemical responses in the brain which can help mediate the body’s inflammation, pain, hormonal & mood imbalances, etc.

From the Traditional Chinese Medicine perspective: Qi (Energy) and Blood are being brought to the face, Qi is being “lifted” (as we age it tends to “sink”) and the body’s energetic systems are being put into balance. This is why the wonderful “side effects” mentioned above occur.

Who should NOT do this protocol:

- Anyone with any type of seizure disorder
- Anyone with uncontrolled or unmanaged hypertension
- Anyone who takes medically necessary blood thinners
- Anyone who smokes or drinks alcohol to excess
- Anyone who would be unable to tolerate some temporary bruising
- Anyone who is pregnant (Other types of acupuncture treatments are wonderful for pregnancy; cosmetic acupuncture can be done once you’ve recovered from childbirth.)
- Anyone who recently received facial injections of any kind (You will want to wait until those have worn off. Go ahead and call to schedule, but we will book your appointments a few months out.)

What to do before your session:

- You may consider taking Arnica supplements leading up to and during the course of your treatments to help with bruising.
- You may consider stopping supplements such as Vitamin E and aspirin which can thin the blood and lead to bruising. **Do not** stop taking any medically necessary blood thinners.
- Do not steam, sauna, hot tub, or take a hot shower before arriving to your session as these things will increase your chances of bruising.
- Save your exercise for after your session for the same reason.
- Take off your makeup. If you cannot remove your makeup before your session, I will have face wash for you to use at the office. Having makeup on for your session could interfere with your treatments. Eye makeup is ok.
- Drink plenty of water to hydrate your skin.
- Wear comfortable clothing with flexible sleeves and pant legs so the lower arms and legs can be reached with pins. It is helpful if the neck of your top is wide as well.

Suggested supplements and their relation to good skin care, for your consideration:

Topical:

Please talk to me about some options for safer, effective skin care. Unfortunately, skin care, makeup and other topical products are not regulated well by the FDA. There are many ways that product manufacturers overtly and covertly use unsafe ingredients in our products.

The safety of our products matters both for the health of our skin as well as for our overall health. Our skin, being our largest organ, rapidly absorbs what we put on it. These things can be carcinogenic, disruptive to hormone balance (endocrine disruptors) or allergenic/irritants.

See www.beautycounter.com/leila-scottprice if you'd like to look around on your own. Or, I am happy to recommend which of their lines might be best for you.

Oral:

Omega 3s: EPA/DHA should add up to ~1000. Lubricates skin, hair & joints & so much more

Vitamin A: no more than 5000 IU as it can accumulate and become toxic. Best to take it in its precursor form = beta carotene. Do not take high doses if pregnant or trying to become pregnant.

B-Complex: B-6 is especially important in protecting your skin. No more than 50-100mg/day.

Vitamin C: 1000mg or as bowels will tolerate.

Vitamin E: 200 IU/day. Alpha tocopherol succinate is the important type to take. It is good for the tone of facial muscles if taken orally.

Co-Enzyme Q10: 30-100mg/day. An antioxidant, very easily depleted and therefore must be replenished; it protects cells from free radical damage.

Probiotic: Gut health is crucial to having good skin. You must eliminate daily and have good digestion in order to maintain the health of your skin.

Food and your skin:

Food is your medicine. For example...

- Honey and eggs help reduce dryness
- Cherries benefit the skin
- Green tea helps prevent sun induced skin damage
- Olive oil (oleic acid) keeps the skin soft and smooth by reducing micro-inflammation that causes wrinkling and sagging
- Tomatoes, especially when cooked, contain lycopene which scavenges free radicals that cause aging
- Eat plenty of foods that are rich in antioxidants including citrus fruits, berries, watermelon, papaya, orange and red vegetables, broccoli, egg yolks, almonds, salmon and flaxseeds
- Eat plenty of foods high in Omega 3s including flaxseed, flaxseed oil, salmon, sardines, herring, almonds, walnuts
- Eat organic wherever possible. If budgeting, look at the EWG's "Dirty Dozen" and "Clean 13" for which foods you don't want to buy unless they are organic
- Eat a rainbow diet (multicolored and varied!)
- Drink filtered water (NOT from a plastic water bottle)
- Avoid excessive caffeine as it is a diuretic and will deplete your yin (fluids)
- Avoid alcohol - alcohol is sugar and sugar damages the digestive system which leads to sagging

Lifestyle and your skin:

- Avoid smoking
- Avoid sun exposure
- Avoid harsh soaps
- Avoid stress as much as possible by not overcommitting yourself and, since stress is inevitable, spend 2-10 minutes a day quietly taking long, deep breaths while tuning out the rest of your day and concerns
- Avoid becoming under-rested - get your beauty sleep!





Photographic Consent:

Patient Name: _____

The purpose of before and after photos is to document the progress of the treatment. Such documentation will help you see changes that could be overlooked. They can also be helpful tools for teaching and demonstrating to prospective patients the potential results of the Mei Zen Cosmetic Acupuncture system. Please read and initial each statement to which you consent and please mark N/A next to statements to which you do not consent.

_____ I consent to have my pictures taken for comparison purposes, but do not consent to have them used for teaching, advertising or publication of any kind.

_____ I consent to have my pictures used in your advertising & promotional materials. I understand that my name will not be disclosed without written permission.

_____ I consent to have my pictures used on your website as well as in teaching, advertising, and promotion materials. I understand that my name will not be disclosed without permission.

Patient Signature

Date

PLEASE READ THIS DOCUMENT CAREFULLY AND COMPLETELY. INITIAL EACH PAGE INDICATING THAT YOU HAVE READ THE PAGE. YOUR SIGNATURE ON THE LAST PAGE INDICATES THAT YOU HAVE READ THE DOCUMENT, HAVE 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 Mei Zen Cosmetic Acupuncture 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, but a treatment to improve your overall vitality. 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 is customized to 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 to or is 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
- Evening of skin tone and improved luster of complexion

Alternative Treatments:

Treatment for sagging skin of the jawl 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 skin, lumpiness, swelling, allergic reaction, and permanent discoloration are associated with these alternative forms of treatment.

Risks of Cosmetic Acupuncture: in undertaking any procedure, it is important that you understand the risks involved. Although most patients who receive this technique do not experience complications, the potential side effects or risks are listed below:

- a. Bleeding and Bruising** - As with acupuncture in general, when a needle is removed some minor bleeding or bruising may occur. This is normal and usually will not leave a bruise. Occasionally, however, a bruise or hematoma may appear. Topical and internal remedies will be discussed to address bruising as it is the most common side effect.
- b. Infection** - Infection at the needle site is very, very rare after an acupuncture treatment because needles are sterile. If you suspect infection at the needling site, call me. Additional treatments or a referral to your MD may be necessary.
- c. Damage to Deeper Structures** - (Not applicable to the Mei Zen system we will be using on you) In certain systems, deeper structures such as blood vessels, nerves and muscles can be, though rarely are, damaged during the course of a facial acupuncture treatment. If this does occur, the injury may be temporary or permanent.
- d. 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 to the other.
- e. Nerve Injury** - Injury to the motor or sensory nerve very rarely results from facial acupuncture treatments. Nerve injuries may cause temporary or permanent loss of facial movements or 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.
- f. Needle Shock** - Needle shock (feeling faint) 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.
- g. Allergic Reaction** - In rare cases, local allergies to topical preparations have been reported. Systemic reactions that are more serious may occur from 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.
- h. 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.
- i. 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 outlined in this document. Please discuss any questions with me before treatment begins.

Unforeseeable Impacts:

There are many variable conditions, in addition to the risks and potential complications enumerated, that may influence the long term results from Cosmetic Acupuncture treatments. While the complications cited are the ones particularly associated with Cosmetic Acupuncture treatments, the practice of acupuncture is not an exact science, and other less common complications may arise. Should these or other complications occur, other treatments may be necessary.

Unforeseen Conditions:

I understand my treatment plan may be modified to address 1) Changes in my condition, 2) Changes in my desired results, or 3) Changes in the professional standards of acupuncture care. I understand and agree to adjustments in my treatment as needed to optimally address my wellbeing, my objectives, and to take advantage of the full range of care options for me.

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, consumption of alcohol (more than 1 glass per night), smoking, 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. Additional, future treatments may be necessary to maintain the results.

Health Insurance/Financial Responsibility:

I understand that, as with most cosmetic procedures, most health insurance carriers do not cover the cost of the procedure or complications resulting from the procedure. Please contact your insurance carrier if you have any questions about coverage as we do not work with insurance companies directly.

Expectations and Guarantee:

It has been explained that Cosmetic Acupuncture is not a surgical procedure. My questions regarding longevity of results, 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.

Consent: I hear by request and consent to Cosmetic Acupuncture treatment by the acupuncturist named and/or other licensed acupuncturist who now, or in the future, treat me while employed by, working or associated with, or serving as back-up for, the acupuncturist with whom I began treatment; including those working at this clinic or office or any other office or clinic whether signatories to this form or not. I understand that Cosmetic Acupuncture treatment is not a surgical procedure and is in no way intended as a substitute for cosmetic surgery.

Agreement & Continuous Effect:

I have read, or have had read to me, the above consent. It has been explained to me in a way that I understand: a) The risks involved with Cosmetic Acupuncture, b) That I have alternatives available to me for cosmetic improvements, and c) What protocols will be used in connection with treatment. I have also had an opportunity to ask questions about 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. I authorize the release of medical information, when required. Finally, by signing below, I acknowledge that I have been fully informed about, and agree to, Cosmetic Acupuncture treatments. I intend 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.

Patient Signature: _____ **Date:** _____

Office Signature: _____ **Date:** _____