

## Forma Patient Instructions

Forma provides noninvasive surgical tightening for tissue laxity of forehead, crows feet, upper eyelids, lower eyelids, nasolabial folds, jowls, smile lines and neck. On the body, popular treatments consist of arms, abdomen and other areas that may need more refinement.

### Contraindications to treatment include:

- Current or history of skin cancer, or current condition of any other type of cancer, or pre- malignant moles.
- Intra-dermal or superficial subdermal areas injected with Botox®/HA/collagen/fat injections or other augmentation methods with bio-material, before the product has been dissipated (up to 6 months), except Botox after binding to the facial muscles (3-7 days). It is possible to treat sooner over injectable products placed in the deep, periosteal plane as soon as the area has healed (1-3 weeks).
- Severe concurrent conditions, such as cardiac disorders, sensory disturbances, uncontrolled hypertension, and liver or kidney diseases.
- Pregnancy and nursing.
- Diseases which may be stimulated by light at the wavelengths used, such as history of Systemic Lupus Erythematosus, Porphyria, and Epilepsy (for optical applications only).
- Impaired immune system due to immunosuppressive diseases such as AIDS and HIV or use of immunosuppressive medications.
- Isotretinoin (Accutane) within the last 6 months.
- Poorly controlled endocrine disorders, such as diabetes, thyroid dysfunction, and hormonal virilization such as polycystic ovary syndrome.
- Any surgical procedure in the treatment area within the last three months or before complete healing.
- Facial laser resurfacing, facial dermabrasion, and deep chemical peeling within the last three months, if face is being treated.
- Vitiligo
- Treating over tattoos or permanent makeup.
- As per the practitioner's discretion, refrain from treating any condition which might make it unsafe for the patient.

- Excessively tanned skin from sun, tanning beds or tanning creams and sprays within the last two weeks.
- Current or prior history of Gold Therapy (For optical applicators only).
- Needle epilation, waxing or tweezing within the last six weeks prior to hair removal treatment.

Potential side effects may include:

- Skin redness (erythema) and/or swelling (edema)
- Damage to natural skin texture (crust, blister, burn)
- Change of pigmentation (hyper- or hypo-pigmentation)
- Scarring

Although these effects are rare and expected to be transient, any adverse reaction should be immediately reported to the physician. Side effects may include any of those conditions listed above. Side effects may appear either at the time of treatment or shortly after.

## Pre-Treatment:

- Discontinue any irritant topical agents for 2-3 days prior to treatment.
- Avoid freshly tanned skin or use of sunless tanner.
- Shave the area being treated prior to their scheduled treatment.
- Arrive for treatment with clean skin. There should be no lotion, make-up, perfume, powder or bath/shower oil present on the skin in the area to be treated.
- A topical anesthetic should be used only as directed by a physician and only if necessary- our office will provide, if deemed appropriate for the treatment area.
- Areas of dental crowns, caps, braces, or other metal dental implants may be more sensitive to treatment and the clinician may use dental rolls, gauze or a tongue depressor to isolate the area and make the treatment more comfortable.
- Prophylactic antivirals should be prescribed with active cold sores (Herpes simplex) when treating around the mouth.

## Post-Treatment Follow Up:

- The number of treatment sessions depends on the individual, location and treatment aggressiveness. Treatments are typically repeated every week over a 6-8 week period. Individuals may be treated in fewer sessions with more weeks between each treatment. Megasessions- longer treatment time of each treatment may help reduce the number of sessions. Thicker skin that is more fibrotic may

require more sessions. Scheduling should be based on a medical pre-evaluation. Single maintenance sessions may be needed every 1-3 months.

- Treatment should be concluded when the results are satisfactory to the patient or according to the physician's discretion.

### Post-Treatment Instructions:

- No restrictions on use of moisturizer or makeup.
- No restrictions on bathing/shower, except to treat the skin gently, avoid scrubbing or trauma to treatment areas.