



## Vitalia Pre & Post Treatment Information

Monopolar RF (radiofrequency) energy is used in an advanced manner that safely elevates the tissue temperature to heat the collagen and elastin fibers in the skin (dermis). When sufficient energy is delivered, the collagen and elastin fibres will contract, providing an immediate change in the existing tissue. The Vitalia treatment also increases circulation and triggers a secondary response of stimulating new collagen and elastin production. New collagen and elastin formation takes approximately 30 days after the initial treatment and will further improve skin laxity.

In general, 3 to 6 treatments are necessary for optimal results. This treatment is purely elective, the results may vary with each individual treatment and no guarantees of individual results can be made. The goal of this treatment, as in any cosmetic procedure, is improvement not perfection. Maintenance treatments are recommended to maintain results.

This treatment is not recommended if you have any implanted metal, such as a pacemaker, internal defibrillator or any cardiac arrhythmias.

### **Pre-Information:**

- Ensure you are well hydrated to achieve optimum treatment results. Hydrate by drinking plenty of water or hydrating fluids several days in advance. Avoid alcohol if possible.
- Do not wear constrictive clothing. A treatment gown will be given to change into and your lower back must be accessible for placement of the neutral pad.
- If the external vaginal area is being treated, shave any dense hair 24 hours before your appointment.
- Must not have taken Accutane for a minimum of 6 months
- The treatment area must be free of any open lesions or infections.
- Must have had a normal Pap within 1 year prior to treatment
- Must not have a history of cancer or herpes in the treatment area
- Should not be experiencing any abnormal symptoms such as spotting, bleeding, pain or prolapse
- Remove any jewelry/ body piercings in the area to be treated prior to your appointment.

### **Post Information:**

- Typically, clients may return to their normal activities immediately after receiving a Vitalia treatment.
- Temporary redness (erythema) and edema (minor swelling) of the skin following treatment is normal and may be visible on external treatments.
- Avoid hot tubs, or hot water when washing or showering until erythema(redness) has subsided.
- Use only water-based moisturizers (no oils) immediately after treatment to calm or soothe the skin, if necessary.
- There is an unlikely, but potential risk of an allergic reaction to the ultrasound gel or adhesive on the return pad that is applied to the skin during the treatment. Such risks include temporary swelling, itching, and formation of a rash.
- **Hydration**, before treatments is the key to achieving the best results possible.

**Failure to comply with pre- and post-care recommendations may affect the outcome of treatment results.**

Please contact us via email ([info@freshlaser.ca](mailto:info@freshlaser.ca)) or phone (403-264-4494) if you have any further questions.

Specializing in your skin care needs!  
Thank you.



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### **Potential and common side effects that may occur with Vitalia:**

- Heating sensation, temporary
- Temporary redness (erythema) and very mild “sunburn” like effects may occur and typically subsides within 2 to 24 hours
- Temporary edema (minor swelling) of the skin around the treatment site
- Sensitive skin in treated area
- Dry skin in treated area

### **Complications and adverse reactions, although rare, that may occur with Vitalia:**

- Histamine/hives on external skin: some people develop raised papules similar to hives, this usually subsides within a few hours
- Hyper/hypopigmentation on external skin
- There is an unlikely, but potential risk of allergic reaction to any gel or lotion that may be applied to the skin before or after treatment. Such risks include temporary swelling, itching, and formation of a rash
- Prolonged skin sensitivity
- Burns and/or scarring, very rare

**Your consent form will contain the above listed potential and common sides affects, as well as the possible complications and adverse reactions. It will also contain the following statements that we will require you to acknowledge.**

- I agree to contact Fresh Laser Skin Studio Ltd. if I have any questions or concerns/reactions with my treatment(s). I understand that 24 hrs notice is required for appointment cancellation or rescheduling; or I will be responsible for a cancellation fee of \$50.
- I confirm I have had a normal Pap result within 1 year of my treatments and I do not have any other abnormal symptoms such as spotting, bleeding, pain or prolapse.
- I confirm I have not taken oral isotretinoin medicine (brand names include “Accutane”/ “Roaccutane”/ “Oratane” / ”Nimegen”, mainly used for acne treatment) in the past 6 months.
- I confirm that I am not pregnant. If I should become pregnant during the course of my treatments, I will inform Fresh Laser Skin Studio and understand I will not be able to continue with my Vitalia treatments until after my pregnancy.
- I am aware my results may vary with each individual treatment, that multiple treatments may be required for optimal results and maintenance treatments may be advisable. There is no guarantee that the expected or anticipated results will be achieved despite your technician’s best efforts and there are no refunds for services rendered.
- I understand and acknowledge all the possible risks/complications involved with Vitalia treatments. I consent to receive Vitalia treatments performed by Fresh Laser Skin Studio and I will not hold Fresh Laser Skin Studio liable for any risks/complications regarding Vitalia treatments.
- I certify that I have read and fully understand the above paragraphs. I have had the opportunity for discussion and all my questions have been answered to my satisfaction.
- This signed consent will be for all Vitalia treatments received within one year and I will notify Fresh Laser Skin Studio if there have been any changes in my health during this time.

We look forward to providing you with the best results possible!

Specializing in your skin care needs!  
Thank you.