



Kindly note that payment may be made via cash, card, or Payflex/PayJustNow only. Unfortunately, we do not accept EFT payments.

A R1000 consultation fee applies. The consultation fee will be waived should you proceed with treatment on the day.

Please review this document for informational purposes only. The official consent form will be filled out and signed at the office during your visit.

Botulinum Toxin

INFORMED CONSENT

I confirm I have been informed that:

Botulinum Toxin is approved for the treatment of glabellar lines (frown lines between the eyebrows), forehead lines and lateral canthal lines (crow's feet lines) and is injected into the skin to help correct wrinkles. Possible things that could happen when, or after, the product is used, if they occur, usually appear within the first few days following injection, and are usually temporary and mild to moderate in severity. As with any prescription medicines, Botulinum Toxin can cause side effects, and your doctor will inform you about these in more detail. The most common side effects associated with the use of Botulinum Toxin are headaches, eyelid ptosis (drooping of upper eyelid), eyelid oedema, brow ptosis, skin tightness, facial pain and paresis, and muscle weakness to surrounding muscles. As with any injection, pain, burning, stinging, swelling, redness and/or bleeding/bruising may occur. Patients treated with recommended doses of Botulinum Toxin may experience complete muscle weakness.

Botulinum Toxin should only be administered by medically qualified doctors with appropriate qualifications and expertise in this treatment and who have the required equipment.

If you are worried about any side effect you think you may be experiencing, or the duration thereof, contact your doctor as soon as possible to discuss this and to obtain medical advice or treatment if needed. Side effects possibly related to the spread of toxin distant from the site of administration have been reported very rarely with botulinum toxin (e.g. exaggerated weakness in other muscles in your body not near to where the injection was given, difficulty in swallowing or pneumonia due to unwanted food or liquid in the airways, which can be fatal). A severe allergic reaction may occur very rarely after the injection of Botulinum Toxin. If you experience any of the above, contact your medical doctor immediately to obtain medical advice and/or attention.

Injection of Botulinum Toxin is not recommended in patients with a history of dysphagia (difficulty in swallowing). Contact your medical doctor and seek medical attention immediately if you develop breathing, swallowing, or speech difficulty.

Too frequent or excessive dosing of Botulinum Toxin may increase the risk of antibodies in the blood which may lead to failure of treatment with botulinum toxin when used for this and other conditions. The aesthetic effects of Botulinum Toxin last for an average of 3-4 months but will vary depending on the condition of the skin, area treated, amount of product injected, injection technique and lifestyle factors such as sun exposure and smoking.

After treatment, please avoid extreme facial expressions, alcohol consumption and applying make up for 12 hours. Please avoid sun exposure, UV light, freezing temperatures and saunas for 2 weeks after treatment.

PRE-CARE

(Before treatment)

One week prior to your Botulinum Toxin treatment, we advise you to avoid using alcohol, garlic, and/or aspirin, or any other non-steroidal anti-inflammatory drugs for pain, swelling and/or fever, such as medicines containing diclofenac, mefenamic acid, indomethacin or ibuprofen - ask your

doctor or pharmacist whether your medication includes any of these ingredients. Following these instructions will reduce the risk of bruising or bleeding at the point of injection.

If this is your first visit, you will need to provide your medical doctor with information on your medical history and any current problems, as well as details of any allergies you have or medications you are taking. There is no need for an allergy test, unless your medical practitioner feels it's necessary.

POST-CARE

(After treatment)

The aesthetic effects of BOTOX® last for an average of 3-4 months but will vary depending on the condition of the skin, area treated, amount of product injected, injection technique and lifestyle factors such as sun exposure and smoking. Results of your treatment may take up to **14 days** to take full effect.

After treatment:

- For 4 hours - do not lie down or do "strenuous" exercise and similar activities, nor should you do anything that increases the blood flow to the injection area.
- For 12 hours - avoid extreme facial expressions, alcohol consumption, and applying make-up.
- For 24 hours - do not rub or massage the treated areas as this could influence the effect of the product.
- For 2 weeks - avoid direct sun exposure, UV light, freezing temperatures and saunas.

Please consult with your medical doctor if further treatment is required.

CONSENT FORM –Dermal Fillers.

INFORMED CONSENT

I confirm I have been informed that:

The filler is injected into the skin to help correct wrinkles, folds and lines of the face and skin, or for lip enhancement. You should be aware that the combination of fillers with certain drugs (e.g., beta-blockers) that reduce or inhibit the metabolism of the liver is inadvisable. Ask your doctor for guidance. You should be made aware that this product contains 0.3% of lidocaine (lidocaine is a local anesthetic, i.e., it alleviates feelings of pain), that may produce a positive result in anti-doping tests.

Due to the use of a needle, there is likely to be some bleeding at the injection site. Reactions giving rise to, for example, redness and swelling may occur after the injection, and this may be associated with stinging, itching or discomfort upon pressure at the injection site. This reaction may last for several days. Rarely discoloration of the injection site, necrosis (tissue death), abscess formation, granulomas (small bumps), hypersensitivity and hepatomas (excessive bruising) have been reported. Indurations (hardening) or nodules (bumps) may develop at the injection site. Rare but serious adverse events associated with intravascular injection of dermal fillers in the face and tissue compression have been reported and include temporary or permanent vision impairment. In addition, abscesses, granuloma and immediate or delayed hypersensitivity after hyaluronic acid and/or lidocaine injections have also been reported.

Fillers should only be administered by medically qualified doctors with appropriate qualifications and expertise in this treatment and who have the required equipment. If any of these symptoms persist for more than one week, or if any other side effects develop, please report them to your medical doctor as soon as possible so that they can advise you on the best course of treatment. Whilst rare, such side-effects and their treatment may last for several months.

The aesthetic effects of dermal filler products can last from 9 to 24 months. The aesthetic effect of a skin booster skin quality injectable, can last up to 9 months. Results will vary depending on the condition of the skin, area treated, amount of product injected, injection technique and lifestyle factors such as sun exposure and smoking.

The average life of treatment in the lips is less than in other areas because of the increased activity of the lip area. A touch-up procedure may be required 1-3 weeks after the first injection and helps to optimise the results and maximise the duration of the results.

After treatment, please avoid extreme facial expressions, alcohol consumption and applying make-up for 12 hours. Please avoid extreme sun exposure, UV light, freezing temperatures and saunas for 2 weeks after treatment.

PRE-CARE

(Before treatment)

One week prior to your filler injection, we advise you to avoid using alcohol, garlic and/or aspirin, or any other non-steroidal anti-inflammatory medicines for pain, swelling and/or fever, such as medicines containing diclofenac, mefenamic acid, indomethacin or ibuprofen - ask your doctor

or pharmacist whether your medication includes any of these ingredients. Following these instructions will reduce the risk of bruising or bleeding at the point of injection.

If this is your first visit, you will need to provide your medical doctor with information on your medical history and any current problems, as well as details of any allergies you have or medications you are taking. There is no need for an allergy test, unless your medical practitioner feels it's necessary.

POST-CARE

(After treatment)

Because the filler injectable gel is a non-surgical treatment, there is minimal recovery time. For the first 24 hours following treatment, you should avoid strenuous exercise, excessive sun or heat exposure, and alcoholic beverages, in order to help minimize the risk of temporary redness, swelling and/ or itching.

No treatment can halt the ageing process; you will require top-ups if you want to maintain the effect so ask your medical doctor when he/she would recommend rescheduling another appointment.

CONSENT FORM – Under eye skin booster.

INFORMED CONSENT

I confirm I have been informed that:

The micro-needling / multi-injection biorevitalisation treatment is designed to improve skin quality but not perfect it. I understand that results differ from person to person and personal maintenance between sessions is important. It is delivered by a series of superficial injections and multi-punctures. As with any injection, pain, burning, stinging, swelling, redness and/or bleeding/bruising may occur.

The use, indications, contraindications and potential adverse effects of the treatment with NCTF and Puri-Eyes have been explained to me.

CONSENT FORM – Collagen Biostimulator

INFORMED CONSENT

I confirm that I have been informed that:

Collagen Biostimulator Therapy involves the injection into the skin and underlying tissues of **poly-L-lactic acid**. Collagen Biostimulator Therapy is designed to help correct skin depressions such as creases, wrinkles, folds, scars, hollow eye rings, degenerative skin ageing, and facial lipoatrophy (loss of fat).

Collagen Biostimulator is a **poly-L-lactic acid implant** in the form of a sterile, apyrogenic suspension. Poly-L-lactic acid is a biocompatible (does not harm the body), biodegradable (broken down or metabolised by the body) synthetic polymer from the alpha-hydroxy acid family (fruit acids). Poly-L-lactic acid has been used medically for many years in dissolvable stitches and does not require pre-treatment skin allergy testing.

HART Aesthetics has informed me that, depending on the area and condition treated, the volume of Collagen Biostimulator used, and the injection technique, the effect of treatment may last from **1 to 2 years**. However, in some cases, the duration of the effect can be shorter or longer. Most areas of treatment require **2 to 4 sessions**, usually at **3-to-6-week intervals** for optimal correction. Because individual responses to Collagen Biostimulator Therapy may vary, the exact number of treatment sessions required cannot be predicted with complete accuracy. Additionally, to maintain the desired degree of correction, intermittent "touch-up" treatments may be needed.

After each injection session, tissue volume in the treated area will gradually build up over the following weeks and months as your body produces new collagen (**neocollagenesis**). At the time of your return visit for your next session of Collagen Biostimulator Therapy, your response to the previous treatment will be assessed, and additional treatments can be performed if needed and agreed upon to optimise your results. Collagen Biostimulator Therapy does not treat or cure the underlying cause or disease of tissue or fat loss; rather, it is designed to improve the appearance of the affected area(s).

I have been educated on some of the features, benefits, and possible risks involved with using Collagen Biostimulator, and have had my questions answered to my satisfaction. Some of these risks include:

- After the injection(s), some common injection-related reactions may occur. These may include swelling, redness, pain, itching, discolouration, and tenderness at the injection site. These typically resolve spontaneously, usually within **1 to 15 days** after the injection.
- Because Collagen Biostimulator Therapy injections are administered in a solution containing water, there will be initial swelling (oedema) that may be noticeable for several hours or up to several days. This effect is temporary and does not affect the long-term tissue response.
- Small bumps under the skin, termed **micro-nodules**, which may be non-visible or visible, can sometimes be felt in the treated areas. Usually, these bumps are only felt when pressing on the skin. Micro-nodules typically last **6 to 12 months** and may disappear spontaneously. They usually do not require treatment and are generally asymptomatic.
- **Induration**, or a feeling of firmness or thickness, can be felt in the injection area. This is a normal tissue response to inflammation and neocollagenesis. Gently massaging the treated areas **3 to 5 times per day for 3 to 5 minutes, for 3 to 5 days after injection**, can help minimise induration.
- Visible bumps may occur in rare instances and may be associated with redness, tenderness, skin discolouration, or textural alteration. These bumps, which may be termed **granulomas**, may or may not require treatment, including but not limited to injections, freezing, or excision.
- Other rarely reported adverse events include injection site abscess, allergic reaction, skin hypertrophy and/or atrophy, malaise, fatigue, and oedema.
- Collagen Biostimulator Therapy is **contraindicated** (not permitted) during pregnancy or while breastfeeding. If you believe you may be pregnant or are breastfeeding, please inform the provider prior to injection.
- Collagen Biostimulator Therapy has been approved by the **United States Food and Drug Administration (FDA)** for the restoration and/or correction of facial fat loss (lipoatrophy) in people with HIV. Collagen Biostimulator Therapy has not been specifically approved by the FDA for aesthetic (cosmetic) use. However, it has been performed since **1999** in more than **150,000 patients in over 30 countries**, primarily for cosmetic purposes. Treatment for cosmetic and reconstructive use is permitted in the U.S. as an **"off label" indication**.
- The use of anti-inflammatory drugs, anti-clotting agents, or aspirin may cause bleeding or increased bruising at the injection site. If you have previously had facial herpes simplex at the injection site, the injection may provoke an outbreak. If any of these conditions apply to you, please inform your provider.
- Any injection, for any reason, carries a small risk of infection. If the needle accidentally punctures a blood vessel, this may result in temporary discolouration, scabbing, shedding, or shallow scarring of the treated area.

- Allergic reactions are rare. An allergic reaction may manifest as prolonged redness, itching, swelling, or hardening of the skin around the injection site. These reactions can last up to **3 to 4 months**, and in rare cases, longer than a year. Please make sure to inform us of all known allergies and sensitivities.

The use and indication for Collagen Biostimulator Therapy have been explained to me, and I have had the opportunity to have my questions answered to my satisfaction. I have been given the time and opportunity to review this informed consent. I understand that I can reasonably expect the foregoing benefits from Collagen Biostimulator Therapy, but that **no results can be guaranteed or assured**, and no such guarantees or assurances have been given to me. I also understand that the practice of medicine is not an exact science; positive outcomes cannot be guaranteed, nor can promises or guarantees be made regarding potential negative outcomes.

I have had appropriate alternative treatments to Collagen Biostimulator Therapy explained to me, including other fillers, surgical procedures, and treatments. I have been informed that Collagen Biostimulator must be **reconstituted (prepared)** prior to my appointment, and if I cancel with less than **24 hours' notice**, I will be charged the full price of the vial. I agree to the financial policy.

By signing this Informed Consent, I agree to be treated with Collagen Biostimulator as described above. I acknowledge and understand the procedures and risks, and that these have been explained to my satisfaction. I agree to hold the authorized injector harmless from the described risks, on the condition that the injections are administered in accordance with appropriate guidelines.

I have completed the medical questionnaire truthfully with regard to my medical and aesthetic history.

I have declared any known allergies and/or potential contraindications.

Treatment may be refused by your healthcare provider (HCP) if it is not considered in your best interest to proceed.

I understand that I can withdraw this consent at any stage prior to the commencement of treatment, and that any subsequent decision to refuse continued treatment, including top-ups, may affect the achievement of the desired result.

I therefore consent to receiving the described treatment by my medical doctor.

CONSENT FORM – Juvelook

Juvelook treatment involves the injection into the skin and underlying tissues of poly-L-lactic acid (PLA) and hyaluronic acid (HA). Juvelook is designed to improve skin depressions, restore and enhance soft tissue volume, improve skin hydration and elasticity, and/or reduce superficial wrinkles and pores.

I understand the product contains poly-L-lactic acid (PLA) and/or hyaluronic acid (HA) and is to be injected into the skin/sub-dermal tissue for the purpose described above.

HART Aesthetics has informed me that, depending on the area and condition treated, the amount of Juvelook used, and the injection technique, the results of treatment may last from 12 to 18 months. However, in some cases, the duration of effect can be shorter or longer. Most areas of treatment require a course of 2 to 3 sessions, usually at 4-to-6-week intervals for optimal results. Because individual responses to Juvelook vary, the exact number of treatment sessions required cannot be predicted with complete accuracy. To maintain the desired results, periodic maintenance or “top-up” sessions may be recommended.

After each treatment, the skin’s appearance will gradually improve over the following weeks and months as new collagen is formed (neocollagenesis). At your follow-up appointment, your response to the previous session will be assessed, and further treatment can be performed if needed and agreed upon to optimise your outcome.

Juvelook does not treat or cure underlying causes of tissue ageing or fat loss; rather, it improves the appearance, tone, and texture of the treated area(s).

I have been informed of and understand the possible risks and side-effects associated with the procedure, including but not limited to:

- Temporary swelling, redness, bruising, tenderness, itching or discolouration at the injection site.
- Initial oedema (swelling) for several hours or days after injection.
- Small palpable or visible bumps (micro-nodules) under the skin which may last 6-12 months and may disappear spontaneously.
- Induration (firmness) or thickening of tissue at the injection site; recommendation to gently massage the treated area 3-5 times daily for 3-5 minutes for 3-5 days may reduce this.
- Visible bumps (granulomas) in rare instances, potentially requiring further treatment (injection, freezing, excision).
- Rare adverse events: infection, abscess, allergic reaction, skin hypertrophy or atrophy, fatigue, malaise, oedema.
- If you are pregnant or breastfeeding, the treatment is contraindicated.
- Use of anti-inflammatory drugs, anticoagulants, aspirin may increase the risk of bleeding or bruising. If you have a history of facial herpes simplex in the area to be treated, the injection may provoke an outbreak.
- If the needle penetrates a blood vessel, temporary discolouration, scabbing, shedding or shallow scarring may occur.
- Allergic reactions are rare, but may manifest as prolonged redness, swelling, itching or hardening and may last up to 3-4 months or longer in rare cases.

I understand that:

- The purpose and nature of JuveLook treatment have been explained to me.
- I have had sufficient opportunity to ask questions and have received satisfactory answers.
- I understand that results vary between individuals, and that no guarantee of outcome has been made.
- I understand that medicine and aesthetic treatments are not exact sciences, and both positive and negative outcomes are possible.
- Alternative options, including other fillers, skin treatments, or surgical procedures, have been discussed with me.
- JuveLook must be reconstituted (prepared) before my appointment. If I cancel my appointment with less than 24 hours' notice, I will be charged the full price of the prepared vial, in accordance with the clinic's financial policy.
- I have completed my medical and aesthetic history truthfully, including disclosing any known allergies, conditions, or contraindications.

I understand that my healthcare provider may refuse or postpone treatment if it is not considered in my best interest to proceed. I understand that I can withdraw my consent at any time before treatment begins. I also understand that declining or discontinuing treatment, including maintenance sessions, may affect the final outcome.

By signing this consent form, I confirm that I understand the procedure, its risks, benefits, and possible complications. I consent to receiving JuveLook treatment as described above and agree to hold the authorised injector harmless from the described risks, provided the treatment is performed in accordance with accepted professional standards.

CONSENT FORM – Profhilo

I confirm that I have been informed that Profhilo is a stabilised injectable hyaluronic acid treatment designed to improve skin tone, texture, hydration, and firmness. Unlike traditional dermal fillers, Profhilo does not add volume but instead bio-remodels the skin by stimulating the production of collagen and elastin, leading to gradual improvement in skin quality.

Profhilo is typically injected using the BAP (Bio Aesthetic Points) technique or other approved methods into the skin of the face, neck, décolletage, hands, or other suitable areas. The treatment involves a series of injections that spread naturally beneath the skin to improve overall tissue health and elasticity.

I understand that the treatment generally consists of two sessions spaced approximately 4 weeks apart, with maintenance sessions recommended every 6 to 9 months depending on individual response.

Profhilo treatment is intended to:

- Improve skin hydration, elasticity, and firmness
- Reduce the appearance of fine lines and crepiness
- Provide subtle lifting and tightening of lax skin
- Promote natural collagen and elastin production

I understand that results vary between individuals and that no specific outcome can be guaranteed. Optimal results depend on factors such as age, lifestyle, metabolism, and overall skin condition.

I have been informed of, and understand, the potential side effects and risks associated with Profhilo treatment, which include but are not limited to:

- Mild swelling, redness, tenderness, bruising, or itching at the injection sites. These usually resolve within a few days.
- Temporary lumps or small bumps at the injection points (these normally subside as the product disperses within 24–72 hours).
- Rare but possible complications:
 - Infection at the injection site
 - Allergic or inflammatory reaction
 - Vascular occlusion (if injected into a blood vessel), which may cause pain, blanching, or skin discolouration and requires immediate medical attention
 - Nodules or unevenness under the skin
 - Delayed hypersensitivity reactions or granuloma formation

I have been advised to contact my practitioner immediately if I experience persistent pain, unusual discolouration, swelling, or other concerning symptoms following treatment.

Aftercare Instructions:

- Avoid touching or massaging the treated area for at least 12 hours.
- Avoid applying makeup for at least 12 hours post-treatment.

- Avoid strenuous exercise, saunas, steam rooms, and alcohol for 24–48 hours.
- Avoid extensive sun or heat exposure until any redness or swelling subsides.
- Keep the treated area clean and avoid unsterile environments for 24 hours.

My practitioner has provided aftercare advice, and I understand that following these guidelines is important to minimise complications and achieve the best result.

I acknowledge that:

- The procedure, benefits, and potential risks have been explained to me in detail.
- I have disclosed my full medical history, including any allergies, medications, supplements, or prior aesthetic procedures.
- I understand that results vary and that no guarantee of success or duration has been made.
- I understand that further treatments may be required to maintain the desired effect.
- I understand that all medical aesthetic procedures carry inherent risks, and I accept these risks voluntarily.
- I have had sufficient opportunity to ask questions, and all have been answered to my satisfaction.
- I therefore consent to receiving the described treatment by my medical doctor.
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