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### PATIENT INFORMATION

Date: \_\_\_\_\_

Name: First \_\_\_\_\_ Middle Initial \_\_\_\_\_ Last \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

E-mail \_\_\_\_\_

Marital Status:     M     S     W     D     P

Sex:     M     F

Date of birth: \_\_\_\_\_

Age \_\_\_\_\_

Employer \_\_\_\_\_

Occupation \_\_\_\_\_

Name of Spouse/Partners \_\_\_\_\_

Spouses/Partners date of birth \_\_\_\_\_

Spouses/Partners Employer \_\_\_\_\_

Occupation \_\_\_\_\_

Number of children: \_\_\_\_\_

Have you ever had chiropractic care before? \_\_\_\_\_

Where? \_\_\_\_\_

How were you referred you to this office? \_\_\_\_\_

**\*\*\*Insurance (for auto, work comp and personal injury claims): Please present a copy of your insurance card or claim number, contact person's name, phone number, and address to send claims to the receptionist.**

Is this a work related injury? \_\_\_\_\_



## What are Microneedling and Nanoneedling

Microneedling and nanoneedling are also referred to as **collagen induction therapy**. They are cosmetic treatments that can **help improve fine lines, wrinkles, acne scarring and pigmentation of the face**.

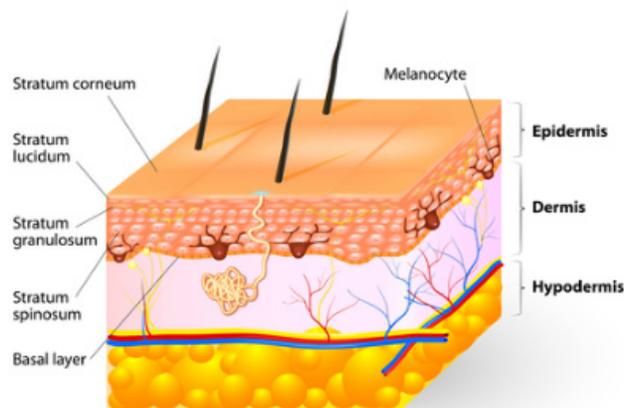
## How Does it Work?

This procedure rejuvenates the skin while keeping the top layer of skin intact unlike other treatments like microdermabrasion, chemical peels, and facials. The needles create several micro-injuries to the skin and promote cellular regeneration, as well as collagen and elastin production. Creating a controlled injury is what allows the skin to become tighter and smoother over the course of several weeks.

**Collagen**- main structural protein found in skin and other connective tissues. It promotes structural support giving skin strength and elasticity.

**Elastin**- a protein found in the dermis \*deepest layer of the skin\* that allows the skin to keep its shape after stretching or contracting.

## THE LAYERS OF HUMAN SKIN



## **Expectations After Treatment**

- Redness will dissipate over the next few days following treatment.
- Point bleeding
- Tightness
- Dryness
- Flaking

These are most common the following 5 days after microneedling. Big thing is to keep your skin moisturized. That will help ease these effects, but do not be alarmed if any of the above are present. Infection is a possibility despite the sterility of the procedure, although small. If you find yourself questioning a possible infection see a physician and contact me directly.

## **Aftercare and Product Recommendations**

1. **No exercise today.** Sweat can irritate the face. Feel free to do so in the days to follow.
2. **Stay out of the sun today.** It is very important that you wear SUNSCREEN for the next week following your treatment. This is the most important thing to remember. If you go outside at all, even if it is cloudy I would still put it on. Sitting inside a room with windows on a sunny day also calls for sunscreen. Mineral based is best.
3. **No makeup for the remainder of the day.** I suggest waiting a full 24 hours before applying makeup. If you choose to, I would try to use a mineral based product.
4. **No facial soap today.** You may use warm water to rinse your face if you would like to. Make sure you wash your hands very well before touching your face. Some people feel like they have egg whites on their face from the serum used, so feel free to give yourself a rinse. The best way is to take a shower and let it wash over your face, not too hot though!

Nanoneedling allows up to 97% product absorption and Microneedling increases absorption by 3000%.

Keep in mind the products you use following this procedure. You are free to continue your normal facial routine the next day following the treatment. I can make some general recommendations to help guide you to ideal products, but you are free to choose. No exfoliants for the first week. Remember to just be gentle with your skin for the first 72 hours. No harsh scrubbing and gentle cleansing is the best for your healing skin.

Oils- Vitamin C and kiwi seed are great options for at home care to give your skin hydration. They help to keep the skin moisturized. Any oil containing linoleic acid would be a good choice. If you have more oily prone skin maybe avoid an oil based product.

Moisturizer- Ceramides are great. Alcohol based products can be harsh to the skin, so try to avoid products containing it. We want to nourish the skin as much as we can, especially the first week. Natural aloe is fantastic for hydrating the skin.

Supplements- Vitamin C, D, & E are all necessary for the skin to regenerate, as well as Omegas. **DONT FORGET TO DRINK LOTS OF WATER!** Allow your body to help itself by giving it the proper tools. By all means consult your doctor and do whatever makes you feel comfortable. This is your regimen!

When looking at these recommendations, keep in mind that opinions vary amongst practitioners. I encourage you to do your own research and to be observant about your own skin. Some people are prone to dryness and others have more oil prone skin. There is all kinds of information out there, so find what speaks to you and see what works best. Of course, there is a lot of misinformation as well so do some homework on the sources you choose to utilize. I am willing to look into whatever you may be curious about and help the best I can in this skincare journey you find yourself on.

**Informed Consent for Microneedling**

I, \_\_\_\_\_, understand the following in regards to my treatment that I will be receiving.

1. No guarantee can be given to me as to the condition of my skin or degree of improvement expected following treatment.
2. I understand that multiple treatments and the use of recommended home skin care maintenance are required to achieve optimal results.
3. I am not pregnant or lactating
4. In rare cases allergies or sensitivities can occur from the products used during treatment. If you do have a reaction following treatment, report it immediately so we can update your history.

**Contraindications that will prevent me from receiving treatment:**

Infected/inflammatory skin disorder, open cuts, wounds, or abrasions.  
Keloid scars or poor wound healing  
Cardiovascular disease, consult PCP  
Pacemaker  
Anxiety issues  
Epileptic  
Pregnant  
Sunburnt or irritated skin  
Untreated sinusitis or skin related auto-immune condition  
Numb areas without sensation  
Diabetes  
Have had radiation therapy within the past year, Botox injections, or ablation within the month of your microneedling session.  
Currently using Accutane, contact dermatologist before microneedling session.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

## **How to prepare:**

- If you can come without makeup on, that would be ideal. Not the end of the world, I will remove makeup and cleanse your face regardless.
- Bring a headband or something to keep your hair back, can be provided if necessary.
- Be aware that your face will have redness and point bleeding is possibly directly after treatment. You cannot wear makeup or put anything on your face the remainder of the day. Plan accordingly.
- Prior to your appointment, do your best to moisturize your face in the upcoming week. You do not want to have super dry skin going into the procedure.
- Microneedling is a procedure done monthly. Ideal to have 3-6 treatments for optimal results. I recommend scheduling all of your appointments in the office at the same time to avoid missing consecutive appointments.

## **FAQs**

-This is not the exact same procedure as a “vampire facial”. That procedure is microneedling with PRP which requires blood to be taken out and then injected back into your face for rejuvenation. My microneedling procedure does not have the intention of drawing blood. Although there might be some point bleeding to occur, mostly around the forehead and nose areas. That is normal, but I am not needling until blood is drawn out. I am looking for an erythemic response, which is redness. The red/pink color that settles into the face is a sign that the blood vessels have been dilated which will ignite the cellular response we want. The procedure is very similar. The only difference is the vampire facial uses centrifuged blood instead of a serum. I encourage everyone to do their own research and do what is best for them as an individual.

-I use a numbing agent before microneedling to reduce discomfort. It is not inherently painful for most, but the more bony areas of the face are sensitive. The numbing cream helps to keep the patient comfortable so they can enjoy the process.

-The needle tips used are sterile and single use. I wear gloves the entire procedure and do not re-use equipment without properly disinfecting between patients. All products/equipment coming into contact with the skin are individual use with no cross contamination. I do everything possible to reduce risk of infection.

-Serums vary depending on the person and the type of skin they have. Some are herbal blends, and some are not.

## **I understand the following side effects can occur:**

1. Temporary bruising
2. Skin discomfort
3. Redness or swelling
4. Changes in pigmentation
5. Itching or burning
6. The chances of infection are very small, but possible. If you have pain or persisting redness contact the provider and PCP.





## Financial Policies and Guidelines

Total Health and Healing Center is a “fee for service” practice and Payment is due at the time of service. If you have insurance, we must emphasize that, as a wellness center, our relationship is with you, not your insurance company.

As a courtesy, we can provide our patients with a coded receipt to submit for reimbursement of any chiropractic coverage. Many of our services are considered preventative/ wellness care and therefore will not be covered by most insurance. We are under no obligation to provide Doctor’s notes to your insurance company.

When you schedule a personalized appointment for your healthcare needs, that time is set aside for you. If you need to reschedule your appointment, we ask that you give us a minimum of 24 hours notice. We reserve the right to charge for any appointments missed without this notice. If you have a package, we will deduct that from your total.

Due to federal guidelines, we are unable to offer discount packages to patients submitting to Medicare. Many patients who have Medicare and are on a wellness program request that we not submit so they can take advantage of the package discounts.

\*Supplement discounts applied to homeopathic remedies, medical foods, and nutritional supplements. The office visit package excludes the cost of orthotics, fitness bands, etc.

If at any time during the treatment period the package owner chooses to discontinue treatments, they will be reimbursed the remainder of their balance, minus all the discounts they have received to date. If a credit card was initially used to purchase the package a 3% processing fee will be applied to return. Notice must be given in writing and reimbursement will be made in one weeks’ time in the form of a check.

***Prices listed include 1.8% MN care tax.***

**I HAVE READ AND AGREE TO THE TERMS AND CONDITIONS REGARDING THE FINANCIAL POLICIES AND GUIDELINES.**

PRINT NAME \_\_\_\_\_

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_