



SKIN CARE INTAKE (SCI)

Patient Name (Print)

Today's Date

Street:

Date of Birth

Apt #

Home Phone

City, State

Zip Code

Cell Phone

E-Mail

How did you hear about REDBAMBOO?

- | | | | | |
|------------------------------------|--|-----------------------------------|--|-------|
| <input type="checkbox"/> Walked by | <input type="checkbox"/> Twitter | <input type="checkbox"/> Groupon | <input type="checkbox"/> Magazine Ad – Which? | _____ |
| <input type="checkbox"/> Website | <input type="checkbox"/> E-mail Blast | <input type="checkbox"/> Facebook | <input type="checkbox"/> Referred by Friend – Who? | _____ |
| <input type="checkbox"/> Internet | <input type="checkbox"/> Word of Mouth | | <input type="checkbox"/> Seminar or Event – Which? | _____ |
| <input type="checkbox"/> Other | _____ | | | |

Do you have any of the following?

- | | |
|--|--|
| Yes / No High Blood Pressure? | Yes / No Do you use tanning beds? |
| Yes / No Diabetes? | Yes / No Do you have a spray tan? |
| Yes / No Acne? | Yes / No Do you use tobacco products? |
| Yes / No Skin Disease? | Yes / No Do you use Retin A? |
| Yes / No Cold Sores? | Yes / No Do you use Hydroquinone? |
| Yes / No Rosacea? | Yes / No Do you use Accutane? |
| Yes / No Depression or Anxiety? | Yes / No Are you on hormone therapy? |
| Yes / No Are you pregnant or nursing? | Yes / No Do you wear contact lenses? |
| Yes / No Do you exercise?Indoors or Outdoors? | Yes / No Do you wear sunscreen? |
| Yes / No Hepatitisorblood clotting disorders? | Yes / No Auto immune disorders? |

When you go out into the sun, do you burn? Usually Sometimes Rarely Never

Do you consider your skin to be: Normal Dry/Dehydrated Oily Acne Prone

Have you been under the care of a Dermatologist or Plastic Surgeon? _____

What skin line are you currently using? _____

What make-up brand are you using? _____

Please list all your allergies: _____

Please list all your medications: _____

What are you trying to achieve with the overall look and feel of your skin?

What improvements would you most like to see in your skin over the next 30 days?

- | | | |
|--------------------------------|-----------------------------|------------------------------|
| ___ Reduction of fine lines | ___ Reduction of oil/acne | ___ Reduction of redness |
| ___ Softening of deep wrinkles | ___ Reduction of acne scars | ___ Reduction of brown spots |
| ___ Reduction of pore size | ___ Reduction of sun damage | ___ Improvement in skin tone |

Signature

To maintain the effects of today's service your REDBAMBOO Therapist recommends:





REDBAMBOO

MEDI·SPA

Name: _____

Date: _____

SKIN TYPE ASSESSMENT

0	1	2	3	4		
light: blue, gray green	dark: blue, gray green	blue	brown	brown black		Eye Color
sandy red	blond	dark blond, chestnut	dark brown	black		Natural Hair Color
red/pink	pale white	pale beige	light brown	dark brown		Color of Non-exposed Skin
many	several	few	rare	none		Freckles on Non-exposed skin
pain red blisters peel	usually burn some peel	sometimes burn	rarely burn	never burn		Reaction to too long in the sun
hardly	sometimes light tan	reasonable tan	tan easily	dark brown quickly		Degree of tanning
never	seldom	sometimes	often	always		Deeper tan after few hours in the sun
very sensitive	sensitive	normal	very resistant	never a problem		Reaction of face to sun
						TOTAL POINTS
						SKIN TYPE

Points:	0 - 6	7 - 13	14 - 19	20 - 24	25 - 29	30+
Skin Type:	1	2	3	4	5	6



INTENSE PULSED LIGHT

Pre-Treatment Instructions

REDBAMBOO MEDI- SPA
Northwood Plaza
2516 C. McMullen Booth Road
Clearwater, FL 33761
727-726-6100
www.RBMediSpa.com

An **Intense Pulsed Light (IPL)** Treatment uses a series of very brief pulses of bright light which target various pigments in the skin. It is used to lighten brown or red areas and to reduce variations in coloration. For the best results and for the highest level of comfort and safety, please note the following instructions:

- ✿ Arrive for your appointment with clean bare skin - no moisturizers, sunscreens or makeup. Gentlemen please shave. You may apply make-up after the treatment.
- ✿ Arrive at least 30 minutes prior to your scheduled appointment time so that we can apply a topical anesthetic for your comfort.
- ✿ **No sun exposure and no use of any tanning products including self tanners or spray tans for at least 4 weeks before treatment.** If you are currently tanned or if you have had recent sun exposure, you must inform our staff so that we can postpone your treatment. This is essential in order to prevent burns!
- ✿ In between your treatments and after your treatment series is completed, plan to protect your skin from the sun by wearing sunscreen with a SPF of at least 30, protective clothing, and sunglasses. Our staff can help you choose an appropriate sunscreen product.
- ✿ No exfoliation, scrubs or chemical peels should be done to the skin for three days before and at least two weeks after treatment.
- ✿ Aspirin, aspirin-containing products, ibuprofen, Advil, Motrin, non-steroidal anti-inflammatory drugs (NSAIDs) and fish oil increase the risk of bruising. Do not take any of these medications for at least one week prior to your treatment.
- ✿ Retin-A, Retinol, Renova, Differin, Tretinoin, Metrogel, Tazorac, Avage, Hydroquinone, Tetracycline and Minocin should be discontinued for at least three days prior to treatment and should not be resumed for at least two weeks afterward.
- ✿ Some medications may increase the potential for photo sensitivity. Please do not start any new medications during the two weeks prior to your treatment. Please notify your therapist if you have started taking any new medications.
- ✿ If you have a history of cold sores or fever blisters (oral herpes simplex) or shingles (herpes zoster) near the treatment area, we recommend that you take antiviral medication on the day before, the day of and the day after treatment. Please let us know if you need a prescription for this medication.



INTENSE PULSED LIGHT

Post-Treatment Instructions

REDBAMBOO MEDI- SPA
Northwood Plaza
2516 C. McMullen Booth Road
Clearwater, FL 33761
727-726-6100
www.RBMediSpa.com

You have received an Intense Pulsed Light (IPL) Treatment used to lighten brown or red areas and to reduce variations in coloration. You may experience redness, swelling, stinging or blistering of the treated areas lasting from several hours to 2 weeks, and for the chest area up to 3 weeks. Swelling is more common in patients with very red or pink skin. The treated area may crust, flake or look scratchy. Your skin may also peel SEVERAL layers of skin, depending on the amount of brown spots or the level of sun damaged skin. There may be darkened areas or darkened freckles that may crust, turn black and flake off. This normally looks like coffee grounds scattered over the skin. There may be striping of the dark areas. Do not be alarmed, this is a normal response. Because the skin is not the same thickness all over, you may have areas that look sun burnt/ blistered, or you may have areas that do not look like they were treated at all. This can be normal, and the Dr. may need to correct this for you at no charge. You also may or may not experience itching, trouble sleeping, or excessive shaking after treatment and during the healing process.

For the best results and for the highest level of comfort and safety, please note the following Post-Treatment Instructions:

- ✿ You may apply make-up immediately after the treatment. Jane Iredale Mineral Make-up is especially formulated to soothe and calm irritated skin.
- ✿ Apply soothing moisturizers to your skin such as Aloe Vera Gel or Epidermal Repair by Skinceuticals. Keep your skin moist and well hydrated.
- ✿ Stay cool! Avoid excessive heat exposure such as saunas, steam rooms, hot showers, and baths. Avoid contact with hot water. Do not direct a hair dryer onto the treated area. Do not participate in activities that would cause excessive perspiration or cause you to heat up internally. Stay out of the sun and avoid tanning beds for 4 weeks. Do not go swimming.
- ✿ Treat your skin gently - do not rub, scratch, or pick at the treated area. Use a mild, gentle cleanser for the next 2 weeks. Do not use a washcloth or loofah. No exfoliation, scrubs or chemical peels for at least two weeks after treatment. Keep clothing from rubbing the treated area and avoid other forms of irritation.
- ✿ Do not get hairspray or perfume on the treated area, as this may cause stinging.
- ✿ Keep the area moist and protected with sunscreen protective clothing, and sunglasses. Our staff can help you choose an appropriate sunscreen product.
- ✿ Do not use facial scrubs. Do not use lotions and creams that contain alpha hydroxy or glycolic acids. Avoid topical medications such as Retin-A, Renova, Tretinoin, Retinol, Hydroquinone and Metrogel for two weeks after treatment.
- ✿ Avoid aspirin, ibuprofen, Advil, Motrin, non-steroidal anti-inflammatory drugs (NSAIDs) and fish oil for a few days after your treatment. You may take Tylenol at any time.
- ✿ Drink plenty of water.
- ✿ Please call us at 726-6100 should you have any questions or concerns.