



**HEALTH HISTORY**

To ensure both the effectiveness and the safety of your treatment, please complete this health history as accurately as you can.

**PERSONAL INFORMATION**

Name \_\_\_\_\_ Date \_\_\_\_\_ DOB \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ Sex: \_\_\_ Female \_\_\_ Male

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone \_\_\_\_\_ Work \_\_\_\_\_ Mobile \_\_\_\_\_ Other \_\_\_\_\_

Email: \_\_\_\_\_

How did you hear of us? Google Yahoo Dallas Voice Existing Patient Other \_\_\_\_\_

**I AM INTERESTED IN:** (Please check all that apply)

- HAIR REMOVAL
- SKIN TIGHTENING
- ROSACEA TREATMENT
- ACNE TREATMENTS
- CELLULITE TREATMENT
- OTHER, PLEASE SPECIFY \_\_\_\_\_
- SKIN REJUVENATION
- ACNE SCAR TREATMENT
- SUN DAMAGE / AGE SPOTS
- LASER LEG VEIN TREATMENTS
- PHOTOFACIAL
- SKIN CARE ADVICE / PRODUCTS
- MICRODERMABRASION/CHEMICAL PEELS
- FACIAL VEIN TREATMENTS
- TEETH WHITENING
- FAT/VOLUME REDUCTION

**DO YOU USE SUNSCREEN**  YES  NO IF YES, SPF # AND BRAND \_\_\_\_\_

**WHEN YOU SUNBATHE, HOW DOES YOUR SKIN RESPOND?**

- ALWAYS BURN, NEVER TAN
- USUALLY BURN, TAN WITH DIFFICULTY
- SOMETIMES BURN, TAN ABOUT AVERAGE
- ALMOST NEVER BURN, TAN VERY EASILY
- RARELY BURN, TAN EASILY
- NEVER BURN, ALWAYS TAN

**MEDICAL HISTORY** (Please circle your answer)

ACUTANE	YES	NO	HEPATITIS	YES	NO
ACNE	YES	NO	HIRSUTISM	YES	NO
ALLERGIES (drug or latex)	YES	NO	HIGH BLOOD PRESSURE	YES	NO
ARTHRITIS	YES	NO	HIV POSITIVE	YES	NO
AUTOIMMUNE DISORDER	YES	NO	KELOID SCARS (other scars)	YES	NO
BLOOD DISORDERS	YES	NO	KIDNEY DISEASE	YES	NO
CANCER (radiation therapy)	YES	NO	METAL PINS IN BODY	YES	NO
COLD SORES	YES	NO	MELANOMA	YES	NO
CONTACT LENSES	YES	NO	PACEMAKER	YES	NO
DERMATITIS/ECZEMA	YES	NO	RETIN A	YES	NO
DIABETES	YES	NO	PCOS (polycystic ovarian)	YES	NO
EPILEPSY	YES	NO	SKIN PIGMENTATION	YES	NO
GENETIAL HERPES	YES	NO	STD'S	YES	NO
HORMONAL IMBALANCE	YES	NO	Steroid or Hormonal Therapy	YES	NO
HEART CONDITION	YES	NO	SHINGLES	YES	NO
HEMOPHILIA	YES	NO	VITILIGO	YES	NO

Please Initial \_\_\_\_\_  
Please fill out other side.

**ADDITIONAL QUESTIONS:**

- 1. ARE YOU CURRENTLY BEING TREATED FOR ANY CONDITIONS NOT LISTED? **YES NO** IF YES, PLEASE SPECIFY.  
\_\_\_\_\_
- 2. ARE YOU CURRENTLY TAKING ANY MEDICATIONS, INCLUDING HERBAL PREPARATIONS, OR MEDICAL PATCHES? **YES NO** IF YES, PLEASE SPECIFY.  
\_\_\_\_\_
- 3. DO YOU HAVE ANY ALLERGIES? **YES NO** IF YES, PLEASE SPECIFY.  
\_\_\_\_\_
- 4. HAVE YOU EVER USED (OR ARE CURRENTLY USING) RETIN A OR GLYCOLIC ACID? **YES NO** IF YES, PLEASE SPECIFY.  
\_\_\_\_\_
- 5. HAVE YOU EVER USED (OR ARE CURRENTLY USING) ACCUTANE? **YES NO** IF YES, PLEASE SPECIFY WHEN.  
\_\_\_\_\_
- 6. HAVE YOU EVER HAD A CHEMICAL PEEL? **YES NO** IF YES, PLEASE SPECIFY.  
\_\_\_\_\_
- 7. HAVE YOU HAD ANY LASER TREATMENTS? **YES NO** IF YES, PLEASE SPECIFY.  
\_\_\_\_\_
- 8. WHAT PRODUCTS ARE YOU CURRENTLY USING ON YOUR SKIN?  
\_\_\_\_\_
- 9. DO YOU HAVE ANY DENTAL OR ACRYLIC IMPLANTS, CROWNS OR BRIDGEWORK? **YES NO** IF YES, PLEASE SPECIFY.  
\_\_\_\_\_
- 10. DO YOU HAVE ANY TATTOOS OR PERMANENT MAKEUP IN THE AREA TO BE TREATED? **YES NO** IF YES, PLEASE SPECIFY.  
\_\_\_\_\_
- 11. DO YOU HAVE A PACEMAKER? **YES NO**
- 12. HAVE YOU EVER BEEN TREATED BY AN ENDOCRINOLOGIST (HORMONE IMBALANCE)? **YES NO** IF YES, PLEASE SPECIFY.  
\_\_\_\_\_
- 13. DO YOU SUNBATHE OR USE SELF TANNING LOTIONS OR USE TANNING BEDS? **YES NO** IF SO, THEN HOW OFTEN?  
\_\_\_\_\_
- 14. HAVE YOU EVER HAD GOLD THERAPY (USED FOR RHEUMATOID ARTHRITIS) **YES NO**
- 15. ARE YOU CURRENTLY PREGNANT OR TRYING TO GET PREGNANT? **YES NO YOU MUST INFORM US IF YOU BECOME PREGNANT DURING TREATMENTS.**
- 16. HAVE YOU HAD RESTYLANE, PERLANE, HYLAFORM OR BOTOX INJECTIONS IN THE AREA TO BE TREATED? **YES NO** IF YES, PLEASE SPECIFY.  
\_\_\_\_\_
- 17. DO YOU HAVE ANY PARTICULAR SKIN SENSITIVITIES? **YES NO** IF YES, PLEASE SPECIFY.  
\_\_\_\_\_

**How soon would you like to begin treatments?**                      Very Soon                      Near Future                      Today if Possible

Please sign below to indicate all the information on this for is accurate and complete.

Signature \_\_\_\_\_ Date \_\_\_\_\_



## Patient Consent for ZERONA Body Slimming

**Patient Name:** \_\_\_\_\_

**Procedure:** ZERONA Body Slimming Laser

I hereby authorize and direct any associates or assistants of Advanced Skin Fitness to perform ZERONA Body Slimming treatment sessions on me. **Multiple treatments** will be required to achieve cosmetically acceptable results. In rare cases, patients may not experience any improvement even with multiple treatments. I specifically acknowledge that no guarantees or warranties have been made concerning the results of the procedure.

**The following points have been discussed with me and I understand:** (please initial each statement)

\_\_\_\_\_ The potential benefits of Body Contouring treatment sessions.

\_\_\_\_\_ I understand that the ZERONA cold laser device is used for volume reduction and the emulsification of fat pre and post liposuction. It may also be therapeutic for improving skin healing post laser resurfacing and muscle aches in the treated areas.

\_\_\_\_\_ Clinical results may vary depending on individual factors such as medical history, patient compliance, lymphatic drainage, daily exercise, intensity of exercise, lifestyle habits, and water consumption.

\_\_\_\_\_ I understand that treatment involves a minimum of six (6) treatments and the fee structure has been fully explained to me. Additional treatments and maintenance treatments may be required depending on the individual response to treatment.

\_\_\_\_\_ I confirm that I am not pregnant or breast feeding at this time. It is my responsibility to let the technician know if I become pregnant during the treatment.

\_\_\_\_\_ I do not have a history of systemic or local malignancies and do not have poorly controlled diabetes. I do not have history of lower extremity thrombus or blood clot formation, and am not photo allergic. I will inform the technician of any changes to my medical history during the course of ZERONA treatment sessions.

\_\_\_\_\_ I hereby authorize Advanced Skin Fitness or any associates to take pictures of the treated area to be used in my patient file.

\_\_\_\_\_ I understand that I must do cardio exercise (brisk walking) for 40 minutes each day during my treatment sessions and everyday for 1 week post treatment.

\_\_\_\_\_ I understand that I must eliminate fatty snacks, high-fat meals, and all alcohol during my treatments. Reducing fat and alcohol intake allows the kidneys, liver, and lymphatic systems to quickly purge excess fat from the body after each treatment.

\_\_\_\_\_ I understand other treatments such as VelaShape and Body Contour Wraps can stimulate lymphatic drainage and improve my results. Body detoxification cleanses will also aid in the removal of excess fat from the body.

\_\_\_\_\_ I understand that I cannot miss even one appointment during my treatment series. I agree to keep my scheduled appointments, with no more than 3 days (72 hours) between appointments. The fat tissue responds more quickly when treated every 48 hours.

\_\_\_\_\_ I agree to take full responsibility if I must cancel or reschedule my appointments and agree to release Advanced Skin Fitness from any responsibility in the results of my treatments if I miss my scheduled appointment for any reason whatsoever. I understand that I may not be able to be rescheduled immediately depending on availability.

\_\_\_\_\_ I agree to maintain a log of my daily meals, water intake, and exercise in a journal.

\_\_\_\_\_ I understand that I must drink a minimum of ½ ounce of water per pound of body weight, with a minimum of 64 ounces per day (2 liters).

\_\_\_\_\_ I understand that close adherence to aftercare guidelines are crucial for effective treatment. I understand that if I gain weight during the cellulite/body contouring treatment that the results will be diminished.

### ACKNOWLEDGEMENT

I understand that I release Advanced Skin Fitness and its associates, the Medical Director, the technician performing services, and any other person involved in my treatment from any liability associated with complications from the ZERONA cold laser procedure. I am aware that Advanced Skin Fitness has a 24 hour cancellation policy. Similarly, I will be charged \$200 for any broken appointment without 24 hour cancellation. I understand that after my initial package, maintenance treatments will be required at an additional charge. I understand that no guarantees can be made and all payments are non-refundable. By my signature below, I certify that I have read and fully understand the contents of this permission and authorize the performance ZERONA Body Slimming treatments by the staff of Advanced Skin Fitness.

Patient or legal guardian signature and date \_\_\_\_\_

Witness signature and date \_\_\_\_\_



## ZERONA® Patient Frequently Asked Questions

1. How does it work?
  - A. Through clinical studies it has been demonstrated that the Zerona cold laser stimulates the fat cell to emulsify (liquefy) the fat within the cell. Then the liquefied fat moves from inside the cell through a temporary pore formed in the cell membrane to outside the cell where it is in the interstitial space until absorbed by the lymphatic system. This results in millions of fat cells becoming smaller so inches are reduced off the waist, hips and thighs. The fat cells are not injured in any way by this process.
2. What can I expect at my appointments?
  - A. You can expect 40 minutes to relax, read or do absolutely nothing. The Zerona treatment is completely painless. There is no heat or any sensation whatsoever while being treated. Each treatment you will be met by your physician or technician who will position the laser at the desired areas of the body, he/she will step out for 20 minutes while the front of your body is treated and then will return to reset for the backside of your body for an additional 20 minutes. After you are done you can get back to your normal activities immediately with absolutely no downtime, nor pain, swelling or any discomfort. This is a symptom – free process except for losing unwanted inches.
3. What happens if I miss an appointment?
  - A. It is not recommended that you miss an appointment. Prior to starting the Zerona treatment, it is important that you are committed to the recommended lifestyle protocol which includes 6 treatments, every other day for 40 minutes and not to exceed 72 hours between treatments. If more than 72 hours passes between appointments, some of the fat may be reabsorbed by the fat cells.
4. How is it different than liposuction?
  - A. Liposuction is an invasive procedure that removes the entire area of fat cells from deposits beneath the skin using a hollow stainless steel tube (called a cannula) with the assistance of a powerful vacuum. Liposuction can be accomplished either with the use of general anesthesia, or with IV sedation, or totally by local anesthesia. In contrast, the Zerona treatment is a 100% non-invasive that uses a cold laser applied externally to stimulate the fat cell and emulsify and release fat. There is no use of anesthesia, nor any pain, gels, creams, numbing agents, needles and no downtime.
5. Is there any downtime?
  - A. Absolutely ZERO downtime. During the treatment you will feel no discomfort, no anesthesia will be used and you can assume normal activities immediately following each treatment.
6. Are there any limitations to what I can do if I'm using Zerona?
  - A. No. During the 2 week treatment period you can continue your normal activities. It is strongly recommended that you commit to and follow the treatment protocol: stay hydrated (8-10 glasses of water a day), continue to eat healthy and exercise (walk at least 30 minutes a day), and abstain from alcohol and caffeine. Alcohol and caffeine interfere with the lymphatic process to metabolize it fat which can decrease your results.
7. What areas of the body can I use Zerona on?
  - A. The Zerona treatment can be used effectively on essentially every part of the body where localized fat deposits exist that are resistant to diet and exercise. Most patients start with treating the waist, hips and thighs which can all be targeted in 1 treatment. Other areas include upper arms, bra-line fat, inner knees, back fat and buttocks.

8. Is it covered by insurance?
  - A. No, Zerona treatments are considered elective and are not covered by insurance.
9. Is it safe?
  - A. Yes, there is no risk involved in using the Zerona cold laser therapy and it is considered a safe alternative to invasive procedures such as tumescent liposuction and lipodissolve and other non-invasive devices like the Accent XL, VelaShape, and Body Contour Wraps, which rely on heating the tissue and can cause discomfort. None of these have the proven data showing how fat cell size is reduced like the Zerona. The Zerona treatment is 100% non-invasive and causes no bruising, scarring and zero downtime. During the treatment you will feel no discomfort, no anesthesia will be used and you can assume normal activities immediately following each treatment.
10. Is it safe if I have a medical condition such as diabetes?
  - A. Yes, with two exceptions. If you are pregnant or think you may be pregnant, Zerona should not be used. Additionally, if you have a pacemaker, this treatment may not be for you. There are no known detrimental risks but potential unknown risks may exist. Zerona may not be as effective on patients with diabetes or thyroid disorders where the metabolic system is potentially impaired. Please consult with your doctor to discuss whether you are a good candidate for Zerona treatments based on your medical history.
11. Are there any side effects?
  - A. No. The treatment process is completely non-invasive and there are absolutely no side effects beyond loss of inches and fat.
12. How long has the Zerona laser been used?
  - A. The Zerona has been used in studies since 2008 and has been used by physicians in practice since early 2009. The same Erchonia cold Laser technology has been used to safely assist with tumescent liposuction since 2001 and was established as a proven method to release fat cells immediately prior to liposuction surgery. Cold Lasers have been in use for over 40 years for treatment of many different conditions such as chronic pain, wound healing, and many other orthopedic conditions.
13. Is it effective?
  - A. Yes, with the Zerona treatment and by following the recommended guidelines for success, you can expect to experience a combined loss of 3 – 9 inches from your waist, hips and thighs and a reduction in clothes size.
14. How long do results last?
  - A. By maintaining a healthy diet and exercise you can expect long-term results. Zerona is especially ideal for 2 types of people: those who are already following a healthy diet and lifestyle and want to remove localized pockets of fat OR those who want to use the Zerona and the recommended lifestyle protocol to “jump start” their slimming efforts as motivation for maintaining a healthier and slimmer lifestyle.
15. Can I do the procedure multiple times? And how soon after my last treatment can I do a second treatment?
  - A. Yes, with additional treatments you can expect to see improved results. You can start an additional series of Zerona treatments immediately following your last treatment.
16. How soon after pregnancy can I do it?
  - A. It is recommended that you wait until after your last postpartum visit with your doctor (usually 6 weeks after birth) to begin your Zerona treatment. It is not recommended if you are breast feeding.
17. How long does it take to begin seeing results?
  - A. Some can see results after only a few treatment sessions as their clothes fit more loosely. Many actually see the difference after 4-6 sessions. Family and friends often notice the difference too, within the 2 week Zerona program.
18. Is everyone a good candidate for the Zerona treatment?
  - A. Most are good candidates. Even people who are not overweight can lose inches. Be sure to discuss your health background with your physician and ask any questions about your particular areas of concern.



## Patient Procedure Instructions for ZERONA Body Slimming

Welcome to ZERONA™ – the safe, new body slimming, low level laser proven to remove fat and reduce inches without invasive surgery. There are no needles, no incisions, and no recovery time needed. ZERONA works by utilizing the Erchonia® LipoLASER™ to emulsify adipose tissue which then releases into the interstitial space. The excess fat is then passed through the body during its normal course of detoxification.

### Your Treatments, Step-by-Step

ZERONA is a six – treatment plan, administered over a two-week period of time. For added results, additional ZERONA treatments can be utilized.

During the procedure, patients generally feel nothing. ZERONA is a low level laser that does not produce heat. It is completely non-invasive, and has never shown any recorded side effects.

Before your first treatment and after your last, your measurements and weight will be taken and recorded. You can write your measurements in your Daily Log to easily track your success.

Lie down on the table and put the safety goggles on. The technician will direct the ZERONA lasers at your target area.

Each treatment is 40 minutes – 20 minutes lying on your back, and 20 minutes on your front.

For best results, it is critical to schedule your appointments every other day (three treatments per week) for two weeks.

### What You Can Expect

After completion of the two week protocol clinical trials resulted in an average of 3.5 inches lost, and some patients losing up to as much as 9 inches. Many patients do not see noticeable results until after the last sessions. Don't get discouraged and stay with the protocol. As with any procedure results will vary and may be more dramatic from one patient to the next.

### Achieve Your Maximum Success

By following these steps everyday, you will achieve the maximum results from ZERONA.

**Walk** – Take a 40 minute walk each day throughout your treatments and for one week after.

**Hydrate** – Drink ½ ounce of water per pound of body weight, with a minimum of 64 ounces per day (2 liters).

**Detox your body** – Cleanse your body with the Mlis Company Body Detoxification program. This will help your body eliminate excess fat and flush your lymphatic system.

**Watch your diet** – Eliminate fatty snacks, high-fat meals, and alcohol during your treatments. By reducing fat and alcohol intake, your kidneys, liver, and lymphatic systems can quickly purge excess fat from your body after each treatment.

**Keep your appointments** – Keep to your scheduled treatments, with no more than 3 days (72 hours) between appointments. The fat tissue responds more quickly when treated every 48 hours. This is important because a pore is created in the fat cell to allow the fatty acids to seep into the interstitial space. The pore will close after 72 hours and the fatty acids will reabsorb into the fat cell and you will lose the effectiveness of the treatment. **YOU MUST KEEP YOUR APPOINTMENTS.**

**Stimulate the treated areas** -- Stimulate lymphatic drainage in the treated areas with VelaShape cellulite treatments, Mlis Company body contour wraps with niacin, or lymphatic massage. This helps flush your lymphatic drainage and fat removal systems quickly eliminate the excess fat from your body.

**Write it down** – Keep track of your daily meals, water intake, exercise, and lymphatic stimulation in a daily journal. By writing it down, you can evaluate your success.

**If you have any questions throughout your course of treatment please contact Advanced Skin Fitness at 214-521-5277.**

## **Contraindications for ZERONA Treatment**

ZERONA is a clinically proven, non-invasive body slimming technique to remove fat and reduce inches.

There is no known negative side effects to ZERONA treatments, however patients with certain medical conditions should not be treated with ZERONA.

### **Patients with the following conditions should not be treated:**

- Pregnant or breast feeding
- Cardiovascular disease
- Liver disease
- Kidney disease
- Disease of the lymphatic system
- Cancer (active or within 1 year of remission)

### **Other Criteria to Ensure Positive Results:**

- Make certain that patients suffering from basal metabolic disorders (i.e. hypothyroid) are stable in order to ensure positive results.
- Female patients should wait at least one week post menstrual cycle to doing ZERONA treatments. ZERONA is less effective during menstruation.
- Patients who have undergone liposuction will have varied results due to fat cells having been previously removed.



## Credit Card Charge Authorization Agreement

We request the courtesy of a 24 hour notice in the event an appointment needs to be cancelled or rescheduled. A \$75 no show fee for facial treatments, a \$100 no show fee for laser treatments, and \$200 for missed Zerona treatments will apply in the event advanced cancellation notice is not given. Appointments booked same day of service will be assessed a no show fee should cancellation become necessary. For treatments that are pre-paid, the pre-paid treatment will be forfeited without 24 hour notice of cancellation. Thank you for your cooperation.

I, \_\_\_\_\_,

hereby authorize Advanced Skin Fitness to charge my credit card used for my treatments in the amount of \$75 for a missed facial treatment, \$100 for a missed laser treatment, or \$200 for a missed Zerona treatment.

I have read this entire agreement and understand that I will be held fully responsible for its terms and charges. I agree not to chargeback Advanced Skin Fitness, as long as I receive the services that are entitled to me and guidelines are followed for my rescheduling and cancellation of appointments. Twenty-four hour notice is required for all rescheduling and cancellations.

Name On Card: \_\_\_\_\_

Signature: \_\_\_\_\_

Credit Card Billing Address: \_\_\_\_\_

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

Telephone: (\_\_\_\_) \_\_\_\_\_

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