

**WHITENING INJECTIONS  
INFORMED CONSENT**

**Reason/Benefits:** For skin whitening and detoxification using compounded Vitamin C and glutathione medications via intravenous infusion. Vitamin C is an antioxidant and is essential for the formation and stabilization of collagen and elastin. Vitamin C also has skin clarifying properties. Glutathione is a natural liver enzyme that the liver needs for breaking down toxins. With succession of treatment, skin whitening injections will make your skin brighter and clearer. You might also get a secondary effect with energy and immune system boosting from this treatment due to detoxification. Skin whitening injections are not FDA approved. There is no high quality peer review, published medical literature to substantiate the use of compound medications. It is considered as mesotherapy, and as such, experimental. However, there are many anecdotal reports indicating that it works.

**Risks, side effects, and complications:** pain, bleeding, bruising, infection, scar, and ineffective treatment. Excessive sun exposure will minimize the effects of treatment. As such, it is important to avoid sun exposure and to wear sun block every day for optimal result from this treatment. If you are tanned or have excessive sun exposure, you are likely going to see reduction in the efficacy of treatment. This treatment is not suitable for patients that are sick or has kidney and/or liver problems.

**Alternative to Whitening Injections:** Chemical peels, cosmeceuticals, maintenance skin care products (Vitamin C, exfoliant, and sun screen), IPL photofacial, and ablative laser treatments. Using oral glutathione as maintenance care following this treatment will enhance skin whitening.

**Frequency and duration:** For optimal result, you will need series of treatments. Initially, every week for several weeks and then the duration of treatment could be lengthened to once every 2-3 weeks and then once every 4-6 weeks. You can expect to see result within 2-4 weeks.

**Treatment:** an IV drip using normal saline solution with compounded Vitamin C and glutathione added to the normal saline bag.

**Duration of treatment:** About 15-30 minutes for each session.

**Post treatment precautions:** Avoid sun exposure, tanning booths, spray tan, and wear sun screen on a daily basis. Apply pressure over the IV site and avoid vigorous exercises of the involved extremity for 1-2 days to minimize risk of bleeding.

**Post treatment expectation:** You can expect to see result within 2-4 weeks. Useful complementary treatment that we recommend includes sun block, exfoliant, and Vitamin C, as well as oral glutathione. Complementary treatment helps to minimize the effects of sun damage and sun tan. Additional complementary treatments include: Retin A, hydroquinone, Obagi Nuderm, chemical peels, and microdermabrasion. For the first few days, there might be some bruising or ecchymosis over the IV site. Please call our office at 510-226-8832 if you need advice.

I, \_\_\_\_\_, consent to the treatment known as the Whitening Injections treatment. This treatment has been explained to me and I have had the opportunity to ask questions regarding the procedure. I understand that these treatments are not an exact science and the degree of my improvement is variable.

By my signature below, I acknowledge that I have read the information and consent and that I have been given the opportunity to ask questions and that my questions have been answered to my satisfaction. I have been adequately informed of the risks and benefits of this treatment and I wish to proceed with the Whitening Injections treatment.

I have been informed and understand that my treatments will cost \$\_\_\_\_\_ per treatment. I also understand that any appointment that I make that is not cancelled within 48 hours I will be charged a (\$50 or forfeiture of one of the treatment) no show fee.

**Patient Name (print):** \_\_\_\_\_

**Patient Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Witness:** \_\_\_\_\_