



COMPOUNDED PRESCRIPTION SKINCARE

Strive Pharmacy · patient-specific prescription · shipped to you

PATIENT NAME	DATE OF BIRTH	DATE OF VISIT
PHONE	SHIP-TO ADDRESS (OKLAHOMA)	

WHAT I AM AGREEING TO

- I am requesting a medical evaluation by Shaun Baranowski, APRN-CNM, WHNP-BC (SoTul Aesthetics LLC) for prescription compounded skincare.
- If a prescription is written, it will be sent to Strive Pharmacy, a licensed 503A compounding pharmacy. Strive will compound the medication for me and ship it to my Oklahoma address. Strive bills the cream. SoTul bills the visit.
- These products are compounded. They are not FDA-approved as finished drugs. Quality, strength, and purity are the responsibility of the compounding pharmacy.
- Results vary. No improvement in texture, tone, firmness, or aging is guaranteed.

FORMULAS THAT MAY BE PRESCRIBED

- AquaBiome — GHK-Cu (copper peptide) cream.
- Calming — barrier / redness formula.
- Cashmere — GHK-Cu, tretinoin, niacinamide, and caffeine. Night use. Daily SPF required.
- Stella+ — GHK-Cu, estriol, tretinoin, and niacinamide. Night use. Daily SPF required.
- NAD+ Cellular Cream — NAD+ restorative cream.
- Other Strive topicals or a custom compound (for example acne or pigment blends) if Shaun determines they are a better fit.

RISKS AND WHAT TO EXPECT

- Common: redness, dryness, stinging, peeling, purging, temporary breakouts, tightness, or a warm flush. This is more likely with tretinoin (Cashmere, Stella+).
- Sun sensitivity: tretinoin makes skin burn more easily. I will use broad-spectrum SPF 30+ every morning and limit unprotected sun.
- Pigment change: irritation can leave darker or lighter patches, especially on deeper skin tones, if I pick, over-use, or skip sunscreen.
- Allergy or contact dermatitis to a base, preservative, peptide, or copper. I will stop and contact Shaun if I swell, wheeze, or develop a spreading rash.
- Infection is uncommon with topicals but possible if I apply to broken skin or share the jar.
- Hormone exposure (Stella+): topical estriol is a low-dose estrogen. It is not birth-control and is not appropriate for everyone. I will tell Shaun about a history of estrogen-sensitive cancer, unexplained vaginal bleeding, blood clots, liver disease, or if I am pregnant or breastfeeding.
- Copper peptide (GHK-Cu) can leave a faint blue-green tint on skin or fabric and may irritate if layered with strong acids the same night.

PREGNANCY, NURSING, AND PLANNING A PREGNANCY

- Tretinoin can harm an unborn baby. I will not use Cashmere, Stella+, or any tretinoin cream if I am pregnant, trying to conceive, or think I might be pregnant.
- I will stop a retinoid and contact Shaun immediately if I become pregnant while using it.
- I will tell Shaun if I am breastfeeding before any prescription is sent.



HOW I WILL USE IT

- I will use only as directed. More is not better. A pea-size amount of retinoid cream for the face is enough.
- I will not apply Cashmere or Stella+ to freshly injected skin. Retinoid creams wait until injection sites are quiet. AquaBiome or Calming may be started the same day if Shaun says so.
- I will not share the prescription. It was compounded for me.
- I will keep a follow-up before the first refill of any retinoid cream so Shaun can check tolerance and decide whether to continue, change, or stop.
- If my skin becomes painful, blistered, swollen, or infected, I will stop the product and contact Shaun at (918) 260-8064. For a severe or breathing reaction I will call 911 or go to an emergency department.

MONEY, PHOTOS, AND PRIVACY

- Visit fees are paid to SoTul Aesthetics LLC. The cream and shipping are billed by Strive. Prices on the menu are typical ranges, not a guaranteed pharmacy quote.
- This is cash-pay and is not billed to medical insurance. I may keep receipts for HSA/FSA submission on my own.
- I consent to clinical photos of the treatment area for my chart. Separate written permission is required before any photo is used for education or social media.
- Telemed visits, texts, and emails are convenient but not fully private. I will not send emergency messages by text.

ALTERNATIVES

- I may decline compounded skincare. Alternatives include doing nothing, using over-the-counter cosmetics, FDA-approved prescription topicals from a retail pharmacy, in-office procedures, or a dermatology referral.

PRODUCTS DISCUSSED TODAY (CHECK ALL THAT APPLY)

- ☐ AquaBiome ☐ Calming ☐ Cashmere ☐ Stella+ ☐ NAD+ cream
- ☐ Other / custom: _____

MY QUESTIONS WERE ANSWERED

- I have had a chance to ask questions. I understand the plan, the risks, and that I may refuse or stop at any time.
- I am not signing under pressure. I am signing for myself (or I am the legal representative of the patient named above).

SIGNATURES

PATIENT / LEGAL REPRESENTATIVE SIGNATURE

DATE

PRINTED NAME

RELATIONSHIP IF NOT PATIENT

PRESCRIBER

Shaun Baranowski, APRN-CNM, WHNP-BC · SoTul Aesthetics LLC
Independent prescriptive authority, Oklahoma · Medical oversight: Dr. Carlos Guevara

PRESCRIBER SIGNATURE

DATE