

INFORMED CONSENT FOR A SUPERFICIAL CHEMICAL PEEL



TREATMENT PURPOSE:

A chemical peel uses a chemical solution to smooth the texture and appearance of your skin by removing the damaged outer layers.

PATIENTS WHO SHOULD NOT BE TREATED:

Chemical peels SHOULD NOT be used on patients with:

- Active cold sores
- Sunburn
- Dermatitis
- Salicylate (Aspirin) allergy
- Pregnant or breastfeeding
- Open skin wounds
- Excessively sensitive skin
- Inflammatory rosacea
- Oral retinoid (Accutane) use in the past 12 months

Please inform us if you have any allergies, rashes, or other skin reactions or if you have had an adverse reaction to a chemical peel in the past.

ONE WEEK BEFORE YOUR CHEMICAL PEEL:

Avoid these products/procedures in area(s) to be treated:

- Electrolysis
- Waxing
- Depilatory Creams
- Laser Hair Removal

Patients who have had **medical cosmetic facial treatments or procedures** (e.g. laser therapy, surgical procedures, cosmetic filler, microdermabrasion, etc) should **wait until skin sensitivity completely resolves** before having a chemical peel.

THREE DAYS BEFORE YOUR CHEMICAL PEEL:

Avoid these products and/or procedures:

- Retin-A, Renova, Differin, Tazorac
- Any products containing retinal, AHA or BHA, or benzyl peroxide
- Any exfoliating products that may be drying or irritating
- Any mechanical exfoliation including the Clarisonic device

Note: the use of these products/treatments prior to your peel may **increase skin sensitivity** and cause **stronger reactions**.

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AFTER YOUR CHEMICAL PEEL:

It is important that these guidelines be followed:

1. Sun exposure should be avoided and SFP 30 or greater broad spectrum sunscreen used for at least 1 week after the peel.
2. Patients with hypersensitivity to the sun should take extra precautions to guard against exposure immediately following the procedure, as they may be more sensitive following the peel.
3. Patients may see visible peeling based on the chemical peel used. It is extremely important that you do not pick, scratch, rub or scrub the skin.
4. The skin may appear slightly redder than usual for about 1-2 hours after the treatment. The skin should look normal the next day.
5. Apply a light moisturizer as often as needed to relieve dryness and tightness.
6. You may resume the regular use of Retin-A, alpha-hydroxy acid (AHA) products, beta-hydroxy acid (BHA) products or bleaching creams ONLY after the peeling process is complete or after 5-7 days.
7. Wait until the peeling is complete before having ANY OTHER FACIAL PROCEDURES, including:
 - Facials
 - Laser treatments
 - BOTOX injections
 - Microdermabrasion
 - Laser hair removal
 - Injectable fillers

ADVERSE EXPERIENCES THAT MAY OCCUR AFTER YOUR CHEMICAL PEEL:

It is common and expected that your skin will be red and possibly itchy and/or irritated. It is also possible that other adverse experiences (side effects) may occur. Although rare, the following adverse experiences have been reported by patients after having a chemical peel:

- Swelling
- Dryness
- Delayed healing
- Hyperpigmentation
- Allergic reaction
- Itching
- Redness
- Milia
- Hypopigmentation
- Stinging and burning
- Infection
- Scarring
- Demarcation lines

PLEASE READ AND INITIAL THE FOLLOWING:

_____ I do not have any of the conditions described in the **“Patients Who Should Not Be Treated”** section.

_____ I am not currently pregnant, trying to get pregnant, or breastfeeding.

By my signature below, I acknowledge that I have read this consent form and understand it. I have been given the opportunity to ask questions and my questions have been answered to my satisfaction. I have been adequately informed of the risks and benefits of this treatment and wish to proceed with a superficial chemical peel.

PATIENT SIGNATURE

DATE

AESTHETICIAN SIGNATURE

DATE