



Chemical Peel Consent

Chemical Peel Consent & Pre/Post Care Instructions

Pre-Treatment Care

- Stop using Accutane 1 year prior to treatment.
- Stop any type of exfoliating treatment(s) to the area of treatment, 2-4 weeks prior to and after your peel.
 - AHA/BHA Peels: You can combine them with any type of facial or microdermabrasion treatments.
- Stop applying Retin-A, Renova, Tazorac, and Differin 2 weeks prior to and after treatment.
- Stop sun tanning or using the tanning bed 2-4 weeks prior to and after your treatment.
- Stop any type of depilatory treatments (waxing, depilatory creams) to the area of treatment, 2 weeks prior to or after your peel.
- Stop electrolysis, and any type of laser treatments (laser hair removal, IPL) to the area of treatment 2-4 weeks prior and after your peel.

Post-Treatment Care

- When cleansing, do not scrub. Use a gentle cleanser, such as a Cosmeceutical Gentle Cleanser.
- With the chemical peel, your skin may start to peel 3 days after the peel and continue to peel for 2 more days. Your skin may not peel at all.
- Do not peel, pick, or scratch the treated area, as this may result in scarring.
- Apply aftercare products that have been provided or recommended by your skin specialist.
- Moisturize frequently after peeling begins unless the post care instructions provided with your specific peel state otherwise. Letting the skin dry out may cause discomfort. We recommend professional cosmeceutical or pharmaceutical grade products to help your skin recover. For strong peels, you may use Aquaphor or Vaniply for the first few days or as needed on sensitive areas that are peeling. When you start to peel, use a non-comedogenic moisturizer such as Aveeno®, Vanicream®, Cetaphil®, or CeraVe®, if you run out of the post care product provided or recommended by your therapist until the skin feels back to normal. This will promote the healing process by locking in moisture and reducing the chance of a bacterial infection, redness, and irritation. Use these products several times per day or as needed. Topical hydrocortisone may be recommended, depending on your specific needs.
- Do not have any other facial treatments for at least 2 weeks after your peel or until the skin is smooth and back to normal.
- If given a cortisone cream, please apply it 1-3 times per day to red irritated areas or as directed. This is only used if the skin is too dry and itchy. Do not use it long term.
- Always wear your sunscreen, apply a sunscreen with SPF 30 or higher every morning. We have SPF 35 and SPF 50 available for sale at our office.

Chemical Peel Informed Consent

This is an informed consent document that has been prepared to help inform you of chemical skin peeling, its risks, as well as alternative treatments.

It is important that you read this information carefully and completely. Please read each page and sign the consent.

Introduction

Chemical skin peeling and other skin treatments have been performed for many years to treat a variety of skin disorders. Conditions such as sun damage, wrinkling, and uneven pigmentation may be treated with these non-invasive techniques. There are many different techniques and regimens for the application of chemical-peeling and skin treatment procedures.

Chemical skin-peeling procedures are not an alternative to skin tightening surgery when indicated.

Alternative forms of management include not treating the skin with chemical-peeling agents or other medications. Improvement of skin lesions and skin wrinkles may be accomplished by other treatments such as dermabrasion, laser treatment, or surgery to tighten loose skin. Risks and potential complications are associated with alternative forms of treatment.

Risks of Chemical-Peeling

There are risks and complications associated with chemical-peels. An individual's choice to undergo a surgical procedure is based on the comparison of the risk to potential benefit. Although the majority of patients do not experience the following complications, you should discuss each of them with your surgeon to make sure you understand all possible consequences.

1. Infection - Infection is unusual. Bacterial and viral infections can occur.

If you have a history of Herpes simplex virus infections around the mouth, it is possible that an infection could recur following a chemical peel. Specific medications must be prescribed prior to the skin peeling procedure in order to suppress an infection from this virus. Should an infection occur, treatment including antibiotics or additional surgery may be necessary.

1. Scarring - Although good wound healing after a surgical procedure is expected, abnormal scars may occur in the skin and deeper tissues. In rare cases, abnormal scars may result. Scars may be unattractive and of different color than surrounding skin. Additional treatments including surgery may be necessary to treat abnormal scarring.
2. Color change - Chemical peeling agents can permanently lighten the natural color of your skin. There is the possibility of irregular color variations within the skin including areas that are both lighter and darker.
3. Permanent darkening of skin has occurred after chemical peels. A line of demarcation between normal skin and skin treated with chemical peeling agents can occur. Redness after a chemical peel may persist for unacceptably long periods of time.
4. Skin Lesion Recurrence - Skin lesions in some situations can recur after a chemical peel. Delayed Healing - It may take longer than anticipated for healing to occur after a chemical peel or other treatments. Skin healing may result in thin, easily injured skin. You may be required to continue with a skin care maintenance program after a chemical peel.
5. Allergic Reactions - In rare cases, local allergies to tape, suture material, or topical preparations have been reported. Systemic reactions, which are more serious, may result from drugs used during surgery and prescription medicines. Allergic reactions may require additional treatment.

6. Sunburn - Certain types of chemical peeling agents may permanently leave the skin very prone to sunburn. Skin after a chemical peel may lack the normal ability to tan when exposed to light.
7. Lack of Permanent Results - Chemical peel or other skin treatments may not completely improve or prevent future skin wrinkling. Neither technique can reverse the signs of skin aging. Additional surgical procedures may be necessary to further tighten loose skin. You may be required to continue with a skin care maintenance program.
8. Heart Problems- Chemical peeling preparations have been reported to produce abnormal heartbeats that may require medical treatment should they occur during the procedure. This is a potentially serious problem.
9. Additional Surgery - There are many variable conditions, which influence the long-term result of chemical peeling. Even though risks and complications occur infrequently, the risks cited are the ones that are particularly associated with these procedures. Other complications and risks can occur but are even more rare. Should complications occur, additional surgery or other treatments may be necessary. The practice of medicine and surgery is not an exact science. Although good results are expected, there is no guarantee or warranty expressed or implied on the results that may be obtained.

I have read and understand the above paragraphs and realize that chemical peeling carries with it certain serious risks. All my questions regarding this consent have been answered fully and to my satisfaction, and fully understand the risks involved.

Client Name

Client Signature

Date: _____