



## **Chemical Peel Consent**

**PATIENTS WHO SHOULD NOT BE TREATED:** SHOULD NOT be used on patients with active cold sores or warts, skin with open wounds, sunburn, excessively sensitive skin, dermatitis, inflammatory rosacea in the area to be treated or sun exposed skin. You should also not have a peel if you have a history of allergies, rashes, or other skin reactions, or may be sensitive to any of the components of this treatment. This is also not recommended if you have taken Accutane within the past year, or received chemotherapy or radiation therapy. Peel should not be administered to pregnant or breastfeeding (lactating) women.

**ONE WEEK BEFORE YOUR PEEL:** These products and/or procedures should not be used for one entire week prior to your chemical peel:

- Electrolysis
- Waxing
- Depilatory Creams
- Laser Hair Removal

**TWO TO THREE DAYS BEFORE YOUR PEEL :** Stop using:

- Retin-A, Renova, Differin (Adapalene 0.1%), Tazorac
- any products containing Retinol, AHA or BHA, or benzyl peroxide
- any exfoliating products that may be drying or irritating

**AFTER YOUR PEEL:** It is crucial to the health of your skin and the success of your peel that these guidelines be followed:

1. If Retinoic Acid is used as part of your treatment, your skin will have a light yellow tinge immediately after the procedure. This is temporary and will fade in 1 to 2 hours. We recommend waiting until the evening to wash your face, however if you should choose to wash it sooner, please wait until after the yellow tinge completely disappears (1 to 2 hours).
2. It is imperative that you use a sunscreen with an SPF of at least 20 and avoid direct sunlight for at least 1 week.
3. 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.
4. Approximately 48 hours after the treatment, your skin will start to peel. This peeling will generally last 2 to 5 days. **DO NOT PICK OR PULL THE SKIN.**
5. When washing your face, do not scrub.
6. Do not have any other facial treatment for at least one week after your peel.
7. You may resume the regular use of Retin-A, alpha-hydroxy acid (AHA) products or bleaching creams **ONLY** after the peeling process is complete.

**ADVERSE EXPERIENCES THAT MAY OCCUR AFTER YOUR 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.

***Call the office immediately if you have any unexpected problems after the procedure.***

Proper skin evaluation by your skin care professional prior to your peel is important and will help predict the outcome of your peel.



**Please read and initial the following:**

I understand that the Peel is not an exact science and the degree of improvement is variable. \_\_\_\_\_

I understand that occasionally there is no visible improvement and another form of treatment may be required. \_\_\_\_\_

I do not have any of the conditions described in the "Patients Who Should Not Be Treated" section. \_\_\_\_\_

By my signature below, I acknowledge that I have read this Peel Informed 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 the Peel.

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

\_\_\_\_\_  
**Print Name**

\_\_\_\_\_  
\_\_\_\_\_  
**Witness Signature**  
**Date**

\_\_\_\_\_  
**Print Name**