

PATIENT NAME: _____

DATE: _____

CHEMICAL PEEL PRE- & POST- CARE INSTRUCTIONS:

Thank you for scheduling your Chemical Peel treatment center, for your safety and in order to obtain optimum results, the instructions below should be followed.

- Do not use the following products 5 days before or 5 days after your treatment [or until pinkness and peeling has subsided]: Retin- A, retinoids, or similar vitamin A compounds, brush scrubbers or exfoliating products and bleaching creams, unless instructed otherwise by your provider.
- Avoid tanning or prolonged sun exposure 2 weeks before and 2 weeks after treatment. Sun may cause adverse reactions to skin, as well as tanning will make your pigmentation worse.
- Apply your post care serum moisturizers 2-4 times a day or as needed for at least 5 days after treatment. -- Drinking plenty of water will also assist in skin dryness.
- Apply your Sunscreen SPF 50+ the day after treatment and re-apply every 2 hours for incidental sun exposure such as driving. We also recommend you wear hat or visors to protect your skin.
- The next day, cleanse the treated area with a Gentle Cleanser with tepid warm water. Apply cleanser to fingertips with water and work in a gentle circular motion. Do not use a washcloth or scrubs. Do not use electric brushes.
- Although extremely rare, a blister may appear, do not peel, pick or pop the skin, allow skin to heal on its own.

AVOID THE FOLLOWING:

- Avoid Dermal-Fillers at least 1 week prior to treatment and 1 week after treatment.
- Avoid Botox for at least 1 week prior to treatment
- If you have a history of cold sores ask your doctor about an antiviral prescription and use as directed.
- DO NOT PICK, PEEL or FORCE OFF peeling skin, let it sloth off naturally to avoid any scarring, discoloration, infection or adverse reaction.
- Clients must stop waxing, tweezing and chemical depilatory 2 weeks prior to treatment.
- If you are prone to cold sores, it is highly recommended to take an anti-viral medication prior to your treatment. Clients with active cold sores will not be treated.
- Clients who have used **Accutane/IsoTretinoin** or similar products within the last 6 months CANNOT have laser hair removal treatments.
- Clients should not perform any physical activity that increases body temperature or blood pressure within 2 hours before, and 4 hours after treatments.
- You are not a candidate if you are pregnant, breast feeding, or on topical or oral antibiotics.

{client Initials_____}

WHAT TO EXPECT:

- Swelling, redness and skin peeling: can last 4-6 days in rare cases longer. -Apply cool compresses if needed and use your essential lipid serum as needed. -Try to avoid alcohol and excess salt the first 24 hours to reduce swelling.
- Redness: can be covered up with makeup the day after treatment if desired, slight redness can remain up to 1 week and longer in rare cases.
- Dry Skin: the skin will flake excessively and feel dry as a normal result of this procedure. This should resolve fully within 1 week and longer in rare cases. If dryness persists you may also apply CeraVe healing ointment or Aquaphor if you are **not** prone to breakouts.
- Excessive scabbing, pain or pustules should be **reported** to the office right away. Healing times may vary patient to patient – typically 3- 5 days downtime.

CHEMICAL PEEL CONSENT:

- Prior to receiving treatment, I have been candid in revealing any condition that may have bearing on this procedure, such as: pregnancy (if so, consult your physician prior to treatment), recent facial surgery, allergies, tendency to cold sores/fever blisters, use of Retin-A®, Accutane®, Differin®, Tazorac® or Avage®.
- I understand there may be some degree of discomfort, i.e.: stinging, pin-prickling sensation, heat, or tightness.
- I understand there are no guarantees as to the results of this treatment, due to many variables, such as: age, condition of skin, sun damage, smoking, climate, POST-care compliance, etc.
- I understand I may or may not actually see the “peel”, that each case is individual. I understand this treatment is a cosmetic treatment and that no medical claims are expressed or implied. I understand that to achieve maximum results, I will need several treatments.
- I understand that although complications are very rare, sometimes they may occur and that prompt treatment is necessary. In the event of any complications, I will immediately contact the doctor/clinician who performed the treatment.
- I agree to refrain from tanning in tanning booths or sun tanning while I am undergoing treatment, and during the 3-7 days following the end of treatment. I understand that extended direct sun exposure is prohibited while I am undergoing treatment, and the daily use of sunscreen protection with a minimum of SPF 15 is mandatory.
- I have not had any other chemical peel of any kind within 14 days of this treatment.
- I understand I cannot have another treatment within 14 days of this treatment, whether it is performed at this location or any other location.
- I hereby agree to all of the above and agree to have this treatment be performed on me.
- I further agree to follow all post-peel care instructions as I was directed.

Patient Signature: _____

Date: _____