



# CHEMICAL PEEL AFTERCARE AND CONSENT FORM

## Procedural Description

Medical-grade peels differ in their depth of penetration. Superficial peels penetrate just below the skin's surface, while medium peels penetrate the epidermis (skin's top layer) to reach the papillary dermis. Deep peels aim to penetrate to the dermis. This is the layer of dense connective tissues that comprise the bulk of the dermis. The dermis is also where collagen and elastin abundantly exist.

The peel you need will depend on your skin's overall health and the conditions you want to treat. To illustrate, if you simply want to exfoliate skin and improve tone and texture, a superficial peel will probably do the trick. But if you want to smooth away significant lines and wrinkles, or reset smoother texture, you will need a deeper peel.

A chemical peel can be used to diminish the appearance of fine lines and wrinkles, improve texture/tone, reduce pore size, increase hydration and moisture retention, give the skin a smoother appearance, and reduce hyperpigmentation. Layers of product are applied based on your unique skin composition and needs. Multiple treatments are required in order to obtain optimal results spaced 4-6 weeks apart. Due to variables such as age, condition of your skin, sun damage, smoking, skin care products, climate, lifestyle, and general health, you acknowledge that there are no guarantees, warranties, or assurances that you will be satisfied with your results.

## Before Your Treatment

- Do NOT use any acidic products or irritants to your skin, such as retinoids or tretinoin, acne medication products such as Retin-A®, Tazorac®, Renova®, Atralin®, Ziana®, Differin®, Veltin®, the antibiotic Doxycycline, AHAs (glycolic, lactic, tartaric, etc.), BHAs (salicylic), benzoyl peroxide, lightening agents such as hydroquinone or any exfoliative products including loofahs or coarse sponges to your skin for 1 week prior to your chemical peel. These medications and products increase your photosensitivity, which can significantly increase the likelihood of complications.
- Avoid direct sun exposure of any kind as well as tanning beds and self-tanning to the planned treatment areas for 4 weeks prior to treatment. A tan can produce a burn to the skin and can result in hyperpigmentation (skin darkening) as well as hypopigmentation (skin lightening). We recommend that you discontinue the practice of tanning due to the increased risk of skin cancer and aging. 90% of all aging in the skin is from the sun.
- Do NOT tweeze, wax, use a depilatory, or undergo electrolysis in the areas you wish to have treated for 1 week before treatment.
- Avoid Botulinum Toxin Type A (Botox®) and dermal filler injections on or around the treatment area(s) for 1 week prior to treatment, unless otherwise approved by your provider.
- If you have an active cold sore or skin infection on the day of your treatment, please call our office to reschedule your appointment and to see about Rx care.
- Bring a large-brimmed hat or umbrella and a pair of sunglasses to block the sun for your trip home.
- Please arrive at your appointment with the treatment area(s) fully cleaned and free of makeup.
- Do NOT apply any creams, lotions, aftershave, cologne, or perfumes the day of the appointment to the planned treatment area(s). Avoid shaving the treatment area on the day of the appointment.

## What to Expect During Treatment

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- A feeling of warmth, excessive dryness, inflammation, irritation, and itchiness in the treatment area may be experienced, and in some cases, swelling may occur. The level of peeling can vary from light flaking to deep peeling and may vary with each treatment. Peeling usually begins 48 hours post-treatment, on day 3.
- Your provider will give you a hand-held fan for comfort.
- You will be given a cool compress to apply after treatment if required.
- Expect your skin to appear pink for a few hours after treatment.
- The gradual darkening of pigmentation will occur prior to peeling. These areas will look worse before they look better. DO NOT rub, pick, or scrub peeling skin, as doing so can cause permanent scarring.
- The skin's sensitivity to the sun is greatly increased after a chemical peel. Daily use of a post-procedure PHYSICAL SPF (minimum 30) with frequent reapplication is necessary for the health of your skin and to protect your investment. Direct sunlight should be avoided for four weeks post-treatment.
- SUNSCREEN IS A MUST! It is very important that you use sunscreen to prevent sun damage to the skin. Sunscreen should offer broadband protection (UVA and UVB) and have a sun protection factor (SPF) of 40 or more. Apply sunscreen 20 minutes before going outside, and again, immediately before. Reapply sunscreen every 2 hours. If direct sun exposure is necessary, wear a hat and clothing that covers the treated area. Practicing diligent sunscreen use may lower the risk of chemical peel-induced hyperpigmentation. Strictly avoid any sun exposure to the treated area for a minimum of 14 days after the procedure. Preferably a month!
- Crusting is rare; however if it does occur, a thin layer of over-the-counter antibiotic ointment such as Neosporin.
- Hyperpigmentation (darkening of the skin color) can occur in some skin types. Please call us if you experience this uncommon reaction.

## Post-Peel Instructions

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- The peeling may take anywhere from 5-7-10 days on average or longer depending on internal and external factors such as skin type, age, weather, lifestyle, and hormones. Slight redness and skin sensitivity and flaking can occur as your treatment eliminates dead surface skin cells. Each treatment may vary. Other areas of the body will react differently because your skin has a different texture and health on your face and scalp than on your chest, back, arms, and legs. The healing process may take longer in those areas.
- Your skin may take on a rough, patchy, darkened quality a few days after this treatment. This is normal and expected and it will resolve on its own. The first areas to peel are usually around the nose and mouth but can begin anywhere. Most people begin peeling on the 3rd or 4th day after treatment. It is also possible to not peel at all. If this occurs, you will still benefit from the treatment because the skin has exfoliated microscopically.
- Possible side effects include but are not limited to: mild to extreme redness, temporary tightness, itching, swelling, and dryness of the skin similar to a sunburn or windburn. This will usually subside in 2-3 days. A prescription of hydrocortisone, or over-the-counter hydrocortisone such as Honey Skincare's Post-Procedure cream may be recommended if the skin is inflamed or irritated. Healing ointments can be applied to protect more raw skin areas until healed such as Honey Skincare's Remedy and Rescue Kit or Aquaphor.
- You may GENTLY apply a cold compress to the treated area(s) as needed for any burning or irritation associated with your treatment.
- Make sure to avoid excessive heat on the treated area and direct sun exposure of any kind, as well as tanning beds and self-tanners to the treated areas for 6-8 weeks after treatment.
- Do NOT engage in strenuous exercise for 2-3 days after treatment because it may exacerbate the inflammation and can cause your skin to become extremely inflamed.
- Sweating excessively after treatment can irritate the skin or cause blistering due to the sweat being unable to escape through the top layer of dead skin. Avoid sweating until after you have stopped peeling to avoid lifting the skin prematurely, as this can cause scarring and irritation.

- Do NOT use any acidic products such as retinoids or tretinoin, acne medication products such as Retin-A®, Tazorac®, Renova®, Atralin®, Ziana®, Veltin®, Differin®, the antibiotic Doxycycline, AHAs (lactic, glycolic, tartaric, etc.), BHAs (salicylic), benzoyl peroxide, vitamin C products, lightening agents such as hydroquinone or any exfoliative products including loofahs or coarse sponges to your skin for 2 weeks after your chemical peel, or more if you notice your skin becomes sensitive to application. These medications and products increase your photosensitivity, which can significantly increase the likelihood of complications.
- Do NOT tweeze, pick, rub, exfoliate, wax, use a depilatory, undergo electrolysis, or schedule a facial or cosmetic service such as laser resurfacing, or IPL on a treated area(s) for 4 weeks after your treatment. To reduce the risk of scarring, you do not want to remove the dry, rough, dead skin faster than your body wants to.
- Do NOT get your hair dyed until a week after you have finished peeling if your treatment was performed on the face or neck. For most people, week 3 post-peel is the best time to have your hair color treated.
- This procedure can stimulate cold sores. If you have an outbreak after your treatment, please call the office to inquire about obtaining a prescription.

## Chemical Peel Consent Form

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The nature of the Chemical Peel procedure has been explained to me. I understand that just as there may be benefits from the procedure, all procedures involve risk to some degree. Side effects of chemical peels can have pain, prolonged redness, broken capillaries, white heads & pimples, hyper and/or hypopigmentation, infection, bleeding, scarring, sensitivity, allergic reactions, damage to eyes and/or surrounding structures, burns, dissatisfaction with results, need for further procedures, & unforeseen side effects may occur. I understand that the following are among the expected side effects of the Chemical Peel procedure:

### **Discomfort:**

Most people will feel some heat-related discomfort (pain) with the treatment. This discomfort is usually temporary but may persist for a few days.

### **Redness and swelling:**

Chemical Peels will cause varying degrees of redness and swelling in the treated area. These common side effects (erythema) and redness typically resolve within several hours. Edema (swelling) of the skin may occur and can be minimized by keeping the area elevated & using cool compresses.

### **Blisters:**

Mild to moderate blisters developing after the treatment are uncommon but have been reported. If blistering does develop, care should be taken not to disturb or unroof, blistering should be evaluated by the treated provider.

### **Transient acne flare-ups:**

Whiteheads & pimples can pop up after the treatment as purging can sometimes happen but can be easily controlled by homecare products, consult with your provider on how to manage purging.

### **Temporary skin dryness:**

Temporary mild skin dryness is common after the treatment. Itching sensations often occur if the skin dries or as the old skin is shed and new skin is formed. If skin dryness occurs, it is normally noticed 3-5 days after treatment and typically resolves within a week. Make sure to overly hydrate and nourish properly.

### **Pigment changes:**

During the healing phase, the treated area may appear to be darker. Brown darkening of the skin (hyperpigmentation) can occur either following blistering or crusting or because of inflammation during the recovery period. PIH occurs as a part of the normal skin reaction to injury. The skin functions become hyperactive during the healing process, including cells that produce pigment. PIH occurs more frequently with darker-colored skin, after sun exposure to the treatment area, or with patients who already have a tan.

To reduce the risk of PIH, the treated area must be protected from exposure to the sun (sunscreen for 2 months after treatment); however, in some patients, increased skin coloring may occur even if the area has been protected from the sun. This pigmentation usually fades in 3 to 6 months. Hyperpigmentation is very rarely permanent. Your treating provider may recommend topical skin-lightening products to accelerate the return to normal pigmentation levels.

**Peeling:**

DO NOT PICK OR PULL THE SKIN. Allow the skin to peel at its own pace. (Premature peeling of the skin may develop into post-inflammatory hyperpigmentation.) Peeling the skin is essentially like pulling a scab off before the new skin is fully healed, which can cause massive complications.

**Scarring:**

Scarring is a rare occurrence, but it is a possibility whenever the skin's surface is disrupted. To minimize the chances of scarring, it is important that patients follow all post-treatment instructions provided by their provider. Good post-treatment care will help reduce the possibility of scarring.

**Hypopigmentation:**

Lightening or loss of skin pigmentation is rare, however, it is a possible adverse event, especially in patients with a history of vitiligo or pigmentary disorders.

**Infection:**

Infection is possible but not common after treatments; herpes simplex virus infections can occur following treatments. This applies to both individuals with a history of cold sores and individuals with no known history. Other signs of an infection can be high fever, purulence (pus), worsening redness, increased swelling in the area, blisters, pustules, and worsening pain. Should these symptoms occur, the clinician must be immediately notified to prescribe appropriate medical care. Topical and/or oral antibiotics may be necessary.

**Allergic Reactions:**

Allergic reactions can occur. Some persons may have a hive-like appearance in the treated area. Some persons have localized reactions to topical ointments/creams. Systemic reactions are rare.

I acknowledge the following has been discussed with me:

- I understand the Risks / Complications / Side effects / Consequences of Chemical Peels on the skin: allergic reactions, swelling, itching, infection / cold sores, color/texture change, bleeding, visible skin frosting, burns, abnormal/slow/delayed healing, scarring, distortion of anatomic features, redness, dry eyes with corneal irritation, eye damage, chronic pain, delay in skin cancer diagnosis, and lack of permanent results or unsatisfactory results, need for further procedures.
- I understand that compliance with pre- and post-care instructions is crucial for the success of my Chemical Peel and to prevent unnecessary side effects or complications.
- During the healing phase, sun exposure can cause darkening of the treated area(s) called post-inflammatory hyperpigmentation, therefore, sun avoidance must be followed. Failure to follow instructions may increase risks. Additional risks include unknown rare risks and the need for additional treatments or surgery. Follow all Chemical Peel instructions to minimize the risk of having adverse effects. Although improvement is expected, there is no guarantee or warranty expressed or implied with respect to the results that may be obtained. AVOID SUN EXPOSURE FOR THE NEXT 8 WEEKS.
- I understand that there are many variable conditions that influence the long-term results of Chemical Peels. The practice of medicine and surgery and the subsequent use of peels is not an exact science. Although good results are expected, there is no guarantee, expressed or implied, on the results that may be obtained. Repetition of treatment, skin care regimen, and other procedures aid in results.

- Financial Responsibilities - This procedure is elective and not medically necessary and therefore, not covered by insurance. Any complications requiring additional medical care and/or treatment or revisionary procedures would be the patient's responsibility also. There are no refunds.

**For women of childbearing age:** By signing below I confirm that I am not pregnant and do not intend to become pregnant at any time during the course of the treatment. Furthermore, I agree to keep Honey Skincare Studio and my provider informed should I become pregnant during the course of the treatment.

## WRITTEN CONSENT

Photographic documentation will be taken. I hereby do authorize the use of my photographs for teaching purposes.

BY MY SIGNATURE BELOW, I ACKNOWLEDGE THAT I HAVE READ AND FULLY UNDERSTAND THE CONTENTS OF THIS INFORMED CONSENT FORM. I HAVE BEEN GIVEN THE OPPORTUNITY TO HAVE ALL MY QUESTIONS ANSWERED TO MY SATISFACTION BY HONEY SKINCARE HEALTHCARE TEAM.

I have read this form and understand it, and I request the performance of the procedure.

PRINTED NAME:

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SIGNATURE:

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DATE:

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