



MINI READY SET GLOW PEEL SYSTEM (MELANAGE MINI PEEL) AFTERCARE AND CONSENT FORM

Procedural Description

The Mini Ready Set Glow Peel (also referred to as Melanage Mini Peel) is a superficial peel designed to improve skin texture, tone, and appearance. It is recommended for clients with mild concerns like uneven skin tone, dullness, or early signs of aging. It utilizes a blend of active ingredients to gently exfoliate the outermost layer of the skin, promoting cell turnover and revealing brighter, more radiant skin underneath. This treatment also includes a comprehensive 45-day homecare system to enhance and prolong results. Our licensed aesthetician will evaluate your skin type and choose the best approach for your specific skin concerns.

Pre-Treatment Instructions

To ensure the best results and minimize the risk of adverse reactions, please follow these pre-treatment guidelines:

1. **Avoid Certain Skincare Products:** Discontinue the use of the following products 5-7 days before your treatment:
 - a. Retinoids or Vitamin A derivatives (Retin-A, Renova, Differin, Tazorac, etc.)
 - b. Alpha Hydroxy Acids (AHAs), Beta Hydroxy Acids (BHAs), and exfoliating scrubs
 - c. Benzoyl peroxide and hydroquinone
 - d. Other chemical exfoliants or acne medications
2. Discontinue any waxing, laser hair removal, or exfoliation treatments one week prior.
3. Avoid sun exposure and tanning beds for 4 weeks leading up to your appointment.
4. **Medical Conditions:** Notify your provider if you have any history of cold sores, herpes simplex, or active skin infections, as antiviral medication may be recommended.
5. **Pregnancy/Breastfeeding:** This peel is not recommended for those who are pregnant or breastfeeding.
6. Bring a hat and sunscreen to wear post-treatment to minimize sun exposure.

What to Expect During Treatment

Follow these instructions carefully to ensure optimal healing and results:

- **Peeling Process:** Skin will begin to peel approximately 48 hours after treatment and may continue peeling for 3-5 days. The degree of peeling varies, from light flaking to noticeable shedding. Do not pick or pull at the skin, as this can cause scarring or hyperpigmentation.
- **Cleansing:** The peel solution will remain on your skin for **2-4 hours** following the application. For first-time clients or those with sensitive skin, the contact time will be limited to **2 hours**. At the specified time, gently cleanse the peel off your skin using **Soothe + Lather** foamy cleanser. Continue using **Soothe + Lather** twice daily to cleanse your skin.
- **Hydration and Moisturizing:** Apply **Calm Balm** as needed to soothe dryness, tightness, or irritation. For the first few days after the peel, use the balm frequently to keep your skin moisturized.
- **Sunscreen:** Apply a broad-spectrum sunscreen with SPF 30 or higher every morning. Sun protection is critical for proper healing and to prevent complications like hyperpigmentation. Reapply throughout the day, and make sunscreen a regular part of your daily skincare routine to maintain the results of your peel.

- For at least 2-4 weeks, wear a wide-brimmed hat or sun visor when outdoors, ideally adopting a 'no sun on face' approach to ensure long-lasting results. Remember, sun exposure is responsible for 90% of skin aging, so protecting your beautiful face is key to preserving its youthful glow!
- **Ready, Set, Glow Cream:** Starting the evening after the peel has been removed, apply Ready, Set, Glow Cream nightly. If you experience excessive redness or irritation, reduce the frequency of application to every other night and use Calm Balm until the skin calms. Resume regular use once irritation subsides.
- **Hydration Products:** If dryness persists, you may use Get Hydrated morning and night to maintain moisture levels and ensure a smooth healing process.
- **Avoid Certain Activities:** Refrain from strenuous exercise, saunas, or any activity that causes excessive sweating for at least 3 days post-treatment to avoid irritation.
- **Product Use:** Use only the products provided in your Mini Ready, Set, Glow Peel System kit. Do not introduce any other skincare products until directed by your skincare professional, as improper product use may interfere with your healing process.
- **Healing Timeline:** Full results may take several weeks to become evident. While the peeling will likely subside within a few days, continuing to use the homecare products for the recommended 45 days will enhance your final results.

Lack of Peeling

No Visible Peeling? Not all patients will experience visible peeling after the Mini Ready Set Glow Peel. Lack of peeling is not an indication that the peel was unsuccessful. You are still receiving the full benefits of the treatment, including improved skin tone, texture, and a reduction in fine lines and wrinkles.

Several factors may contribute to minimal or no peeling, such as:

- Regular use of peels within short intervals
- Frequent use of Retin-A, AHAs, or other exfoliating agents before the peel
- Extensive sun damage

A proper skin evaluation by your skincare professional prior to the peel will help predict the level of peeling expected.

Potential Side Effects and Risks

As with any chemical peel, there are potential side effects and risks. These may include but are not limited to:

1. **Redness and Swelling:** Mild to moderate redness and swelling are normal after the peel. These effects typically subside within a few hours to days. Cool compresses can help alleviate these symptoms.
2. **Hyperpigmentation (dark spots) and Hypopigmentation (light spots):** Post-inflammatory hyperpigmentation can occur, especially if sun protection is not followed diligently. In some cases, areas of lighter skin may develop but are usually temporary.
3. **Peeling and Flaking:** While peeling is expected, it is important not to pick or pull at the skin to avoid scarring or discoloration.
4. **Infection:** Although rare, bacterial or viral infections (including herpes simplex) can occur. If you have a history of cold sores, notify your provider before treatment to receive preventative antiviral medication.
5. **Scarring:** Scarring is rare but can occur if the skin is traumatized during the healing process or if proper aftercare is not followed.
6. **Allergic Reactions:** Allergic reactions to the ingredients in the peel or post-care products are possible. Symptoms may include hives, itching, or swelling. Seek medical attention if you experience any of these symptoms

CONSENT CONFIRMATION

I acknowledge that while positive results are expected, no guarantees have been made regarding the outcome. I understand the importance of following pre- and post-care instructions to minimize risks and optimize results.

- I acknowledge that the procedure involves risks such as redness, swelling, pigment changes, scarring, and infection.
- I understand that sun avoidance and sunscreen use are essential during the healing phase and for several weeks following the procedure to prevent adverse effects.
- I understand that it is my responsibility to follow the post-care instructions provided by Honey Skincare Studio. Failure to do so may result in complications.
- **If I experience any unexpected problems or adverse reactions after the procedure, I will contact Honey Skincare Studio immediately at (703) 589-9665.**
- I have had the opportunity to ask questions and am satisfied with the explanations provided. I consent to this treatment and take full responsibility for following all aftercare instructions.

For women of childbearing age: By signing below, I confirm that I am not pregnant and will inform Honey Skincare Studio if I become pregnant during the course of the treatment.

PRINTED NAME:

SIGNATURE:

DATE:
