



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

Procedural Description

The Ready, Set, Glow Peel (also known as the Melanage Ultra Peel) is a medium-depth peel aimed at addressing more significant concerns such as melasma, deeper pigmentation, fine lines, and textural issues. It uses a combination of potent ingredients to penetrate the outer and middle layers of the skin, promoting collagen production and cell turnover. This peel includes a 45-day home care kit to maximize results and ensure proper skin recovery. It is especially effective for patients with moderate to advanced skin concerns.

Pre-Treatment Instructions

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

- **Avoid Certain Skincare Products:** Discontinue the use of the following products 7-10 days before your treatment...
 - Retinoids or Vitamin A derivatives (Retin-A, Renova, Differin, Tazorac, etc.)
 - Alpha Hydroxy Acids (AHAs), Beta Hydroxy Acids (BHAs), and exfoliating scrubs
 - Benzoyl peroxide and hydroquinone
 - Other chemical exfoliants or acne medications
 - Discontinue any waxing, laser hair removal, or exfoliation treatments one week prior.
 - Avoid sun exposure and tanning beds for 4 weeks leading up to your appointment.
- **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.
- **Pregnancy/Breastfeeding:** This peel is not recommended for those who are pregnant or breastfeeding.
- Bring a hat and sunscreen to wear post-treatment to minimize sun exposure.

What to Expect During Treatment

- **Preparation:** The treatment area will be thoroughly cleansed and prepped. Your provider will apply a retinol-based solution followed by the Ready, Set, Glow Peel mask, which will remain on your skin for 2-4 hours, depending on your skin type.
- **Sensations:** You may feel a mild warming or tingling sensation during and after the application, which is normal and temporary.
- **Post-Treatment Care:** You will be provided with detailed instructions on when to wash off the peel at home and how to use your 45-day homecare kit.

Post-Treatment Instructions

Day of Treatment

- **Peel Removal:** The peel solution will remain on your skin for 2-4 hours following the final 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.
- **Calm Balm:** After cleansing, apply Calm Balm to soothe and hydrate the skin. Use the balm as needed, especially during the first week.
- **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 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!

Next 6 Days

- **Cleansing Routine:** Continue to cleanse your skin twice daily (morning and evening) using **Soothe + Lather**.
- **Ready, Set, Glow Cream:** Starting the evening of the day after your peel mask removal, cleanse your skin with Soothe + Lather and apply Ready, Set, Glow Cream as directed (nightly or every other night). If you experience excessive redness, itching, or swelling, discontinue use of the cream and switch to Calm Balm until symptoms subside.
- **Cold Compress:** If swelling occurs, apply cold compresses as needed to reduce inflammation.
- **Moisturizing:** Apply **Get Hydrated** in the morning and/or evening as needed to manage any excessive dryness. This can be used alone or in combination with **Sunscreen** and **Ready, Set, Glow Cream**.
- **Exercise and Heat Exposure:** Avoid strenuous exercise, saunas, or any activities that cause excessive sweating for at least 3-5 days post-treatment, as this can cause irritation.

After 1 Week

- **Ongoing Care:** After the first week, continue using **Ready, Set, Glow Cream** for best results. If irritation or dryness persists, adjust the frequency to every other night, as directed by your skincare professional. Keep your skin well-moisturized throughout the process. Hydration is essential to support healing.
- **Product Use:** Use only the products provided in your Ready, Set, Glow Peel System kit. Do not introduce any other skincare products until directed or approved by your skincare professional, as improper product use may interfere with your healing process.
- **Sun Protection:** Continue using sunscreen daily to protect your skin from harmful UV rays. Sun protection is crucial for maintaining your results and preventing complications such as hyperpigmentation.
- **Results Timeline:** Full results may take several weeks to manifest as your skin continues to improve. The 45-day homecare regimen is crucial to maintain and maximize your results.

Additional Recommendations

Eye Irritation: Some patients with dry or sensitive eyes may experience redness, excess tearing, or irritation during or after the treatment. Use lubricating eye drops, such as Refresh Plus®, to alleviate these symptoms.

Important Reminders

- **Lack of Peeling:** Not all patients will experience visible peeling. This does not mean that the treatment was ineffective. Even without peeling, your skin is still benefiting from the treatment, with improvements in tone, texture, and reduction in fine lines.
- **Avoid Picking:** Do not pick or pull at any peeling skin, as this can lead to scarring or post-inflammatory hyperpigmentation.
- **Contact Us:** If you experience any unexpected reactions, such as severe redness, swelling, blistering, or signs of infection, contact Honey Skincare Studio immediately at (703) 589-9665.

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:

- **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.
- **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.
- **Peeling and Flaking:** While peeling is expected, it is important not to pick or pull at the skin to avoid scarring or discoloration.
- **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.
- **Scarring:** Scarring is rare but can occur if the skin is traumatized during the healing process or if proper aftercare is not followed.
- **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.

WRITTEN CONSENT

By signing below, I confirm that I have read and understood the information provided regarding the Ready, Set, Glow Peel (Melanage Ultra Peel). I acknowledge that I have been informed of the potential risks, side effects, and benefits of the procedure, and I agree to follow the pre- and post-care instructions provided.

- 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:
