

Chemical Skin-Peeling Consent and Information Guide

Patient Name: Date:

This is an informed consent document that has been prepared to help inform you of chemical skin peeling, its risks, as well as alternative treatments. It is important that you read this information carefully and completely. Please read each page and sign the consent.

**Introduction:**

**CHEMICAL PEEL TREATMENT PURPOSE**

A chemical peel is a mid-deep level peel designed to improve the texture and appearance of your skin. Chemical peels utilize mild acids to help the top layers of your skin to naturally renew. This renewal can encourage correction of many common conditions such as sun damage, wrinkling, and uneven pigmentation. Chemical peels are available in a variety of acidity levels and types to best suit your skin’s needs. Lactic acid, glycolic acid, and salicylic acid are some of the peels offered here at Earthwinds Wellness.

**PATIENTS WHO SHOULD NOT BE TREATED**

A chemical peel SHOULD NOT be used on patients with active cold sores or warts, skin with open wounds, sunburn, excessively sensitive skin, dermatitis, or inflammatory rosacea in the area to be treated. Inform your medical professional if you have any history of herpes simplex. You should also not have a chemical 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. A chemical peel should not be performed on patients with an allergy to salicylates (i.e., aspirin). A peel is also not recommended if you have taken Accutane within the past year or received chemotherapy or radiation therapy. Chemical peel should not be administered to pregnant or breastfeeding (lactating) women.

**Pre and Post Treatment Acknowledgement:**

**ONE WEEK BEFORE YOUR CHEMICAL PEEL**

Avoid these products and/or procedures in area(s) treated:

• Electrolysis

• Waxing

• Depilatory Creams

• Laser Hair Removal

• Patients who have had medical cosmetic facial treatments or procedures (e.g. laser therapy, surgical procedures, cosmetic filler, microdermabrasion, etc) should wait until skin sensitivity completely resolves before having a chemical peel

• Patients who have had botulinum toxin injections should wait until full effect of their treatment is seen before receiving a Chemical Peel

**THREE DAYS BEFORE YOUR CHEMICAL PEEL**

Avoid these products and/or procedures:

• Retin-A, Renova, Differin, and Tazorac

• Any products containing retinol, AHA or BHA, or benzyl peroxide

• Any exfoliating products that may be drying or irritating

Note: the use of these products/treatments prior to your peel may increase skin sensitivity and cause stronger reactions.

**AFTER YOUR CHEMICAL PEEL**

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

1. It is imperative that you use a sunscreen with an SPF of at least 45 and avoid direct sunlight for at least 1 week.

2. 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.

3. Because of the superficial nature of a Chemical Peel, patients should expect to see visible peeling. Occasionally, some patients may have very minor flaking 3-4 days after the procedure.

4. Skin may appear slightly redder than usual for about 1-2 hours after the treatment. If neck

and décolletage are treated, the redness might last slightly longer.

5. Skin should look normal the next day.

6. Apply a light moisturizer as recommended by your medical professional, as often as needed to relieve dryness and tightness.

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 or after 4-7 days.

8. Wait until the peeling is complete before having ANY OTHER FACIAL PROCEDURES including:

• Facials

• Microdermabrasion

• Laser treatments

• Laser hair removal

• BOTOX injections

• Injectable fillers

**Acknowledgement of Risks:**

**RISKS OF CHEMICAL-PEELING**

There are risks and complications associated with chemical-peels. An individual’s choice to undergo a surgical procedure is based on the comparison of the risk to potential benefit. Although most patients do not experience the following complications, you should discuss each of them with your medical professional to make sure you understand all possible consequences.

1) Infection - Infection is unusual. Bacterial and viral infections can occur. If you have a history of Herpes simplex virus infections around the mouth, it is possible that an infection could recur following a chemical peel. Specific medications must be prescribed prior to the skin peeling procedure to suppress an infection from this virus. Should an infection occur, treatment including antibiotics or additional surgery may be necessary.

2) Scarring - Although good wound healing after a surgical procedure is expected, abnormal scars may occur in the skin and deeper tissues. In rare cases, abnormal scars may result. Scars may be unattractive and of different color than surrounding skin. Additional treatments including surgery may be necessary to treat abnormal scarring.

3) Color change - Chemical peeling agents can permanently lighten the natural color of your skin. There is the possibility of irregular color variations within the skin including areas that are both lighter and darker. Permanent darkening of skin has occurred after chemical peels. A line of demarcation between normal skin and skin treated with chemical peeling agents can occur. Redness after a chemical peel may persist for unacceptably long periods of time.

4) Skin Lesion Re-Occurrence - Skin lesions in some situations can recur after a chemical peel. Additional treatments or secondary surgery may be necessary.

5) Delayed Healing - It may take longer than anticipated for healing to occur after a chemical peel or other treatments. Skin healing may result in thin, easily injured skin. You may be required to continue with a skin care maintenance program after a chemical peel.

6) Allergic Reactions - In rare cases, local allergies to tape, suture material, or topical preparations have been reported. Systemic reactions, which are more serious, may result from drugs used during surgery and prescription medicines. Allergic reactions may require additional treatment.

7) Sunburn - Certain types of chemical peeling agents may permanently leave the skin very prone to sunburn. Skin after a chemical peel may lack the normal ability to tan when exposed to light.

8) Lack of Permanent Results - Chemical peel or other skin treatments may not completely improve or prevent future skin wrinkling. Neither technique can reverse the signs of skin aging. Additional surgical procedures may be necessary to further tighten loose skin. You may be required to continue with a skin care maintenance program.

9) Heart Problems- Chemical peeling preparations have been reported to produce abnormal heartbeats that may require medical treatment should they occur during the procedure. This is a potentially serious problem.

10) Additional Surgery - There are many variable conditions, which influence the long-term result of chemical peeling. Even though risks and complications occur infrequently, the risks cited are the ones that are particularly associated with these procedures. Other complications and risks can occur but are even rarer. Should complications occur, additional surgery or other treatments may be necessary. The practice of medicine and surgery is not an exact science. Although good results are expected, there is no guarantee or warranty expressed or implied on the results that may be obtained.

**Sunburn Alert**

This product may contain an alpha hydroxyl acid (AHA) that may increase your skin’s sensitivity to the sun and particularly the possibility of sunburn. Use a sunscreen, wear protective clothing, and limit sun exposure while using this product and for a week afterwards.

\_\_\_\_\_\_ The clinical procedure has been explained to me in detail by the physician and/or members of the physician’s staff.

\_\_\_\_\_\_ I understand that the clinical procedure is a skin rejuvenation treatment and that I may need several administrations of clinical procedures to receive my best results.

\_\_\_\_\_\_ I understand that for optimum results, a home treatment program is needed to enhance the results of clinical procedures.

\_\_\_\_\_\_ I understand that clinical procedures need not be administered by a physician. It is also my understanding that, in addition to receiving formal training, any non-physician (i.e., RN or aesthetician) who administers clinical procedures has had his/her skills reviewed and endorsed by the supervising physician.

By signing below, I have read and understand the above paragraphs and realize that chemical peeling carries with it certain serious risks. All my questions regarding this consent have been answered fully and to my satisfaction, and I fully understand the risks involved. I also state that I read, speak, and write English.

Patient’s Signature: Date:

Parent/Guardian’s Signature: Date:

Provider’s Signature: Date: