

## CONSENT FOR SKINMEDICA® and PCA PEELS

☐ Illuminize Peel®

☐ Vitalize Peel®

☐ Rejuvenize Peel™ ☐ PCA Peel

**PURPOSE:** The SkinMedica and PCA Peels range from very superficial to superficial, designed to improve the texture and appearance of your skin.

**PATIENTS WHO SHOULD NOT BE TREATED:**

- Patients with active cold sores or warts, skin with open wounds, sunburn, excessively sensitive skin, dermatitis or inflammatory roseacea in the area to be treated. Inform the esthetician if you have any history of herpes simplex
- Patients with a history of allergies (especially allergies to salicylates like aspirin), rashes, or other skin reactions, or those who may be sensitive to any of the components in this treatment
- Patients who have taken Accutane within the past year
- Patients who are pregnant or breastfeeding (lactating)
- Patients who have received chemotherapy or radiation therapy
- Patients with vitiligo
- Patients with a history of an autoimmune disease (such as rheumatoid arthritis, psoriasis, lupus, multiple sclerosis, etc.) or any condition that may weaken their immune system

**ONE WEEK BEFORE YOUR SKINMEDICA PEEL AVOID THESE PRODUCTS AND/OR PROCEDURES:**

- Electrolysis
- Waxing
- Depilatory Creams
- Laser Hair Removal
- Patients who have had BOTOX® injections should wait until full effect of their treatment is seen before receiving a SkinMedica Peel

**TWO TO THREE DAYS BEFORE YOUR SKINMEDICA PEEL AVOID THESE PRODUCTS AND/OR PROCEDURES:**

- Retin-A®, Renova®, Differin®, Tazorac®, Avage®, Epiduo®, Ziana®
- Any products containing retinol, alpha -hydroxy acid (AHA) or beta-hydroxy acid (BHA), or benzoyl peroxide
- Any exfoliating products that may be drying or irritating
- 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 receiving a SkinMedica Peel

**Note:** The use of these products/treatments prior to your peel may increase skin sensitivity and cause a stronger reaction.

**ADVERSE EXPERIENCES THAT MAY OCCUR AFTER YOUR PEEL:** It is common and expected that your skin will be red, possibly itchy and/or irritated. It is also possible that other adverse experiences (side effects) may occur. Although rare, the following adverse experiences have been reported by patients after having a peel: skin breakout or acne, rash, swelling, and burning.

***Call the office immediately if you have any unexpected problems after the procedure.***

**PLEASE NOTE:** Although most people experience peeling of their facial skin, not every patient notices that their skin peels after a peel procedure. Lack of peeling is NOT an indication that the peel was unsuccessful. If you do not notice actual peeling, please know that you are still receiving all the benefits of the peel, such as: stimulation of collagen production, improvement of skin tone and texture, and diminish the appearance of fine lines and pigmentation.

There are a number of reasons why a patient may not have peeling or may experience minimum peeling. The reasons may include:

- Having peels regularly with a short interval between peels
- Frequent use of Retin-A, AHA, or other peeling agents prior to the Vitalize Peel treatment
- Severe sun damage

Proper skin evaluation by your skin care professional prior to your peel is important and will help predict the outcome of your peel.

**Please read and initial the following:**

I do not have any of the conditions described in the "Patients Who Should Not Be Treated" section.           

I understand that the actual degree of improvement cannot be predicted or guaranteed.           

I understand that I may need several of these peels to achieve optimal results.           

I understand that for optimum results the post-peel instructions must be followed utilizing skin care products recommended by your physician or aesthetician           

I decline to purchase the recommended post-procedure products           

By my signature below, I acknowledge that I have read this Consent form and understand it. I have been given the opportunity to ask questions and my questions have been answered to my satisfaction. I have been adequately informed of the risks and benefits of this treatment and wish to proceed with this peel.

\_\_\_\_\_  
Patient Signature

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Clinician Signature

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date

## POST PEEL INSTRUCTIONS

Recommended SkinMedica Products for Post-Peel Care: Facial Cleanser, Sensitive Skin Cleanser, TNS Ceramide Treatment Cream, Ultra Sheer Moisturizer, TNS Recovery Complex and Anthelios SPF and/or Elta SPF

☐ **AFTER YOUR ILLUMINIZE 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 to use a sunscreen with an SPF of at least 30 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 this peel, patients should not 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. When washing the face, do not scrub, do not use a wash cloth. Use a soap-free cleanser such as SkinMedica Facial Cleanser or Sensitive Skin Cleanser.
7. After washing your face, apply SkinMedica TNS Ceramide Treatment Cream/Ultra Sheer Moisturizer or appropriate SkinMedica moisturizer recommended by your medical professional for 4-5 days and as often as needed to relieve any dryness.
8. The regular use of Retin-A, alpha hydroxy acid (AHA) products or bleaching creams can be resumed after 4-5 days after the peeling process is complete.
9. Wait until flaking or mild peeling completely subside before having ANY OTHER FACIAL PROCEDURES, including:
  - Facials
  - Microdermabrasion
  - Laser treatments (including laser hair removal)
  - Facial hair removal
  - BOTOX injections
  - Injectable fillers

***\*Call the office immediately if you have any unexpected problems after the procedure***

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## POST PEEL INSTRUCTIONS

Recommended SkinMedica Products for Post-Peel Care: Facial Cleanser, Sensitive Skin Cleanser, TNS Ceramide Treatment Cream, Ultra Sheer Moisturizer, TNS Recovery Complex and Anthelios SPF and/or Elta SPF

☐ **AFTER YOUR VITALIZE PEEL® REJUVENIZE PEEL™/PCA:** It is crucial to the health of your skin and the success of your peel that these guidelines be followed:

1. If retinoic acid was used as part of your treatment, your skin will have a light-yellow tinge immediately after the procedure. This is temporary and will fade in 1 to 2 hours. SkinMedica recommends waiting until the evening to wash your face, however if you should choose to wash it sooner, please wait until after the yellow tinge completely disappears (1 to 2 hours).
2. As with all peels and treatments, it is recommended that makeup not be applied the day of treatment, as it is ideal to allow the skin to stabilize and rest overnight; however, makeup may be applied 15 minutes after the treatment if desired.
3. It is imperative that you use a sunscreen with an SPF of at least 30 and avoid direct sunlight for at least 1 week.
4. 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.
5. Your skin may be more red than usual for 2 to 5 days. **Please avoid: strenuous exercise, hot tubs, steam rooms or saunas (as heating internally can cause hyper-pigmentation), using a hairdryer on treated area, and tanning beds.** Tanning bed use should be discontinued due to the increased risk of skin cancer and signs of aging.
6. Approximately 48 hours after the treatment, your skin will start to peel. This peeling will generally last 2 to 5 days. **DO NOT PICK OR PULL ON ANY LOOSE OR PEELING SKIN.** This could potentially cause hyper-pigmentation. Allow skin to peel at its own pace.
7. When washing your face, do not scrub, do not use a wash cloth. Use a gentle cleanser such as SkinMedica Sensitive Skin Cleanser or any other cleanser that does not contain soap.
8. After washing your face, apply SkinMedica TNS Ceramide Treatment Cream appropriate SkinMedica moisturizer recommended by your medical professional for 4-5 days and as often as needed to relieve any dryness.
9. You may resume the regular use of Retin-A, alpha hydroxy acid (AHA) products or bleaching creams **ONLY** after the peeling process is complete.
10. Wait until peeling completely subsides before having ANY OTHER FACIAL PROCEDURES, including:
  - Facials
  - Microdermabrasion
  - Laser treatments (including laser hair removal)
  - Facial hair removal
  - BOTOX injections
  - Injectable fillers

***Call the office immediately if you have any unexpected problems after the procedure.***

