



## Skin Peel Treatment Information

### **Benefits**

- Smoother skin
- Reduction in pigmentation
- Brighter skin
- Reduction in certain types of acne scarring
- Clearer complexion
- Reduction in acne

### **Alternatives**

- No treatment
- IPL
- Obagi
- Micro Needling
- Dermal filler
- PRP
- Medical dermabrasion
- Surgery

### **Reported Risks & Side Effects**

Common Risks - 1 in 100 to 1 in 10

- Pain
- Burns/heat
- Redness
- Blanching of the skin
- Skin peeling
- Dry skin
- Unsatisfactory result

Uncommon Risks - 1 in 1,000 to 1 in 100

- Pigmentation rebound
- Allergic reaction

### **Aftercare**

1. Use the recommended cleanser twice a day. To apply, put the cleanser on your hand and gently pat it on your face. Splash lukewarm water on your face to rinse. Gently pat your face with a clean, soft towel, do not rub.

2. Apply your recommended after care products all through this time, including when you are "peeling". Use it whenever you feel dry or itchy. If any crusting or scabbing occurs, use one of the antibiotic ointments (Bactroban or Polysporin) or as suggested by the clinician.

3. Do not let your skin dry out. Dryness causes pulling on the new skin underneath, which may cause red, irritated areas. When applying moisturiser, antibiotic ointment, or any other preparation to your face, ensure you apply it gently. Do not rub it in hard. To ensure your skin does not get dry or cracked, you may need to apply your ointment/moisturiser as often as

20 times a day! This should reduce tightness and make you more comfortable.

Do not worry if all of the ointment/moisturiser doesn't come off when you wash; it won't harm your face to leave some on. Mild itching and/or burning are normal at this time. Do not pick or rub your skin! In addition, when you wash your hair, ensure your face is not directly under the shower stream.

4. Too much water will cause you to peel prematurely and leave you with red sore areas. If large pieces of skin are hanging from your face (like after bad sunburn), they may be cut off carefully with a pair of blunt, clean scissors. Avoid sitting in saunas and jacuzzis, as well as strenuous exercise. Sweating will make your face sting and cause to peel too soon.

5. Imagine your dark old skin (which will peel off) as a bandage, which protects the fresh new skin underneath. The longer you can keep this natural bandage in place, the better the results your peel will give.

6. Avoid exposure to the sun during this time. You may begin to use sunscreen a few days after the peel. If you must be out in the sun (i.e. for a walk), do this early in the morning or in the evening when the sun is less intense. Wear a wide-brimmed hat.

7. You may experience swelling the first three days of your peel, particularly if it is a deeper peel. In extreme cases, your eyes may swell almost closed or even bruise during the first two mornings. This is a normal response and will resolve on its own. Sleeping with an extra pillow to elevate your head may help to decrease the swelling.

8. It is important that you try to sleep on your back to avoid rubbing the skin off your chin or cheek area prematurely.

9. After the peel, it is imperative that sunscreen be worn daily to protect the skin from the sun's rays. You will require sunscreen even when wearing a hat, as reflective rays can also cause damage. Our staff would be happy to recommend an appropriate sunscreen. Cosmetics may be used several days after finishing the peel.

10. We can recommend which type of make-up is best to use. If you have any unexpected irritation or possible infection, call the office immediately. Do not wait until your next appointment. This is especially important if you are developing a cold sore or if crusted yellowish areas appear on your face.

## Skin Peel Treatment Consent

I confirm that I have been informed that:

I have discussed the type of skin peel that is most suitable for me to achieve the effects that I desire. I understand how many treatments are needed to achieve this effect and I have been advised of the appropriate after peel products that I need to use. I also confirm that if I do not purchase these products from my clinician I accept full responsibility for any side effects or detrimental results that may occur. I acknowledge that no written or implied verbal guarantee, warranty, or assurance has been made to me regarding the outcome of the procedure.

The chance of having a side effect is described by the following categories:

Common - More than 1 out of 100 persons and less than 1 out of 10 persons

Uncommon - More than 1 out of 1,000 persons and less than 1 out of 100 persons

I confirm that my clinician, has:

- Discussed the risks, benefits and alternatives to this treatment as documented in Skin Peel Information Sheet, Version 1, of which I have received a copy
- Given me the opportunity to ask all remaining questions I have about the treatment
- Given me time to consider the treatment
- Received an accurate medical history and that I have not withheld any information
- Discussed and issued me with specific aftercare pertaining to this treatment.

I therefore consent to receiving the described treatment by my clinician.

Date:

Patient Name:

Patient Signature:

Clinician Name:

Clinician Signature: