

Chemical Peel

What is a chemical peel?

A chemical peel is a technique used to improve the appearance of the skin on the face, neck or hands. A chemical solution is applied to the skin that causes it to exfoliate and eventually peel off. The new, regenerated skin is usually smoother and less wrinkled than the old skin. The new skin is also temporarily more sensitive to the sun.

When is a chemical peel appropriate?

Chemical peels are used to treat a number of conditions including:

- Acne scars
- Aging skin
- Crow's feet
- Hyperpigmentation
- Melasma
- Scars
- Sun damaged skin
- Sagging skin
- Wrinkles

Who is not a candidate for a chemical peel?

Generally light-haired and fair skinned people are the best candidates for chemical peel. The procedure does not work as well on dark-skinned patients. **The procedure is not recommended for individuals with infections, active skin disease, cut or broken skin, sunburns or active Herpes simplex 1 sores.**

Other contraindications include patients who are:

- **Nursing or pregnant.**
- **Have taken Accutane in last six months.**
- **Have psoriasis, eczema, dermatitis or rosacea.**
- **Have used Retin-A, Renova, prescription skin care products, products that contain ascorbic acid, bleaching or skin-lightening agents or other acid-based products in the last 48 hours.**

Aerobic exercise or vigorous physical activity should be avoided for the first 48 hours. **Direct sunlight exposure is to be completely avoided immediately following the treatment (including any strong UV light exposure and tanning beds).** If some sun exposure cannot be avoided, first apply sunscreen with an SPF of 30 or greater. Sunscreen (with at least a SPF of 15) should become a part of your daily skin care regimen as your skin will become more sensitive to the sun as a result of this treatment.

- Cleanse your face with recommended cleanser
- Gently moisturize your face using recommended moisturizer



- Apply sunscreen multiple times a day.

Do NOT apply any type of glycolic acid or exfoliation products as this can severely damage or irritate the skin during the entire healing process.

DO NOT peel, rub, or scratch your skin at any time, whatsoever. This **WILL** cause damage and compromise your results as well as possibly cause severe scarring.

If you experience painful areas of the face, contact your skin care therapist immediately, especially if you are prone to cold sores. Any blisters that form will need to be reported immediately. In the event that you may have additional questions or concerns regarding your treatment or suggested home product/post-treatment care, you must consult your therapist immediately.

Client Name (printed) _____

Client Name (signature)

_____ Date _____

Esthetician _____ Date _____



Chemical Peel

I, _____, have read the below information and initialed each section to indicate that I fully understand what to expect. If I have any questions or concerns, I will address these with my skin therapist. I give permission to my skin therapist, _____, to perform the chemical treatment we have discussed and will hold him/her and his/her staff harmless from any liability that may result from this treatment. I understand my skin therapist will take every precaution to minimize or eliminate negative reactions such as blisters, sores, or other reactions, as much as possible. I do understand that, very rarely, permanent damage occurs. I have given an accurate account of any over-the-counter or prescription medications that I use regularly, and I am not presently using (nor have I used within the last year) isotretinoin (Accutane), Retin-A, Acyclovir or tranquilizers. I have not had any facial surgical procedures, piercings, tattoos, permanent cosmetics, or other chemical peels or skin treatments that I have not disclosed to my skin therapist. I am not ingesting or using topically any other over-the-counter product or prescription medication/agent that has not been disclosed to my skin therapist. I am not presently pregnant or lactating and I am over the age of eighteen (18). I have not had any recent radioactive or chemotherapy treatments, sunburn, windburn or broken skin. I have not recently waxed or used a depilatory (such as Nair) on the area to be treated. I do not have a history of keloidal scarring, diabetes, any auto immune disease, active herpes blisters, or any other existing condition that may interfere with the positive outcome of this treatment. _____

I understand that I should not have a chemical peel if I intend to continue to have excessive sun exposure. It has been explained to me that the treated area will be more sensitive to the sun as a result of the treatment and will require regular use of sunscreen. _____

I consent to the taking of photographs to monitor treatment effects, as desired or recommended by my therapist. _____

My expectations are realistic and I understand that the results are not guaranteed and that for maximum results, more than one application may be required. The rate of improvement of my skin depends on my age, skin type and condition, degree of sun/environmental damage, pigmentation levels, or acne condition. _____

I understand that this procedure is expected to make the skin feel uncomfortable while being applied, but agree to inform the skin professional immediately if I have concerns or am overly uncomfortable during treatment or after I return home. _____

I agree that I am willing to follow recommendations by my therapist for home care. I will be responsible for following home regimens that can minimize or eliminate possible negative reactions, including recognizing the importance of adhering to a sunscreen and avoiding the sun/tanning booths and extreme weather conditions. I agree to use a moisturizer specifically recommended by my therapist and I acknowledge that I have been informed of the possible negative reactions (intense erythema, welts, scabs) and the expected sequence of the healing process (dryness, irritation, redness, and peeling of the skin). In the event that I may have additional questions or concerns regarding my treatment or suggested home product/post-treatment care, I will consult my therapist immediately. _____

I understand the potential risks and complications and have chosen to proceed with the treatment after careful consideration of the possibility of both known and unknown risks, complications, and limitations.



I agree that this constitutes full disclosure, and that it supersedes any previous verbal or written disclosures. I certify that I have read, and fully understand the above paragraphs and that I have had sufficient opportunity for discussion to have any questions answered.

Client Name (printed)

Client Name (signature)

_____ Date _____

Esthetician _____ Date _____

