

This document is designed to provide information about [Chemical Peel](#) treatments, their benefits, potential risks, and alternative procedures. It is important that you read this information carefully and have all of your questions answered before signing the consent form.

**The Procedure:** As we age, dead skin cells do not slough off as easily as when we are younger, causing the skin to appear dull. Light, medium, and deep chemical peels are a popular non-surgical skin-resurfacing procedure used to peel away the skin's top layer. Thus, improving sun-damaged, unevenly pigmented, and wrinkled skin to restore a healthy, luminous, and radiant appearance. The different types of chemical peels vary according to specific ingredients and strength to combat specific issues. The patient's skin characteristics, pre-procedure skin regimen, the chemical makeup and strength of the acids contained in the peel solution, and application all affect the peel's depth of penetration. Contrary to popular belief, the amount of post-procedure peeling does not correlate with the degree of improvement. Patients may or may not have visible peeling. Individual results may vary and are hard to predict. Due to individual factors such as age, condition of your skin, sun damage, ongoing sun exposure, smoking, excessive alcohol intake, at-home skincare regimen, climate, diet, and general health, no guarantee can be given as to final results achieved. However, most patients achieve marked improvements following a series of recommended treatments. Maintenance sessions may be required in the future even if excellent results have been achieved.

**Indications:** Fine Lines & Wrinkles, Acne & Acne Scarring, Sun Damage, Age Spots, Hyperpigmentation, Melasma, Irregular Skin Tone & Texture, Enlarged Pores, General Skin Rejuvenation, and more.

**Recommended Course of Treatment:** 3 - 6 regularly scheduled sessions 2 - 6 weeks apart depending on the peel type. Maintenance sessions can be performed as desired.

**Contraindications** include, but are not limited to the following:

- Pregnancy or breastfeeding
- Accutane (*isotretinoin*) in the last 6 months
- Retin A topical or other skin-irritating products
- Aesthetic procedures / injections in the last 2 weeks
- Blood-thinning medications within the last week (*Aspirin, iron supplements, herbal supplements such as ginkgo, ginseng, garlic, or St. John's Wort*)
- History of keloid scarring or abnormal wound healing
- Skin cancer or suspicious lesions
- Allergies to chemical peel ingredients
- Sunburn (*natural sunlight, tanning*), extreme sensitivity, rosacea
- Poorly controlled medical conditions (*i.e. diabetes, vascular*)
- Impaired immune system and/or use of immunosuppressive medications
- Active infection, cold sores (*Herpes Simplex*), psoriasis, eczema, and dermatitis
- Tattoos and/or permanent makeup
- **Patients with unrealistic expectations**

**Risks & Possible Side Effects:** Medical-strength peels, despite their high levels of efficacy and safety, are not free of side effects. There may be some degree of discomfort, such as stinging, a pin-prickling sensation, heat, or tightness following the treatment. Erythema (redness) and edema (swelling) of the treated area can occur; it usually subsides within a few hours, but it can last up to seven days or longer. Irritation, itching, and/or a mild burning sensation or pain similar to sunburn may occur within 48 hours of treatment. Complications can include whiteheads, cold sores, infection, scarring, numbness, and permanent discoloration, particularly in people with dark skin. Pigmentary changes, such as hyper and hypo-pigmentation of the skin in the treated areas, can occasionally occur. This is normally transient, lasting up to six months, but in rare cases, may be permanent. Taking birth control pills, pregnancy, or a family history of brownish discoloration on your face may increase your risk of developing pigmentation. These pigmentary changes may occur despite appropriate protection from the sun, so it is important to use an SPF 30 or greater sunscreen when exposed to the sun. Tanning beds and prolonged exposure should be avoided prior to treatment and until after the skin is fully healed. **Following a proper, at-home pre-peel regimen 2 - 6 weeks prior to your chemical peel treatment can enhance penetration, accelerate healing, and minimize post-peel side effects and complications.**

Although the majority of patients do not experience any side effects and/or complications, you should discuss each of the above with your practitioner to make sure you understand the limitations, risks, and potential complications of chemical peel procedures.

**Alternative Procedures** Chemical Peels are elective aesthetic procedures, which are not medically necessary or required.



**Pre / Post Care Instructions** Compliance with the recommended pre / post care instructions as well as recommended follow-up visits by your practitioner is crucial in minimizing the risk of side effects and complications. **It is your responsibility to inform your practitioner of your most recent sun exposure, new medications, or changes in medical history before each treatment is performed.**

### **Before Your Treatment**

- Pre-treating the skin with topicals such as hydroquinone, tretinoin, and/or glycolic acid for skin types III-V may be helpful in reducing the potential risk of pigmentation. (This is optional and not a treatment requirement). Discontinue use 3 days prior to treatment.
- You may not be pregnant or lactating.
- Patients who have used Accutane or similar products within the last 6 months CANNOT be treated.
- Most peels should not be performed on patients with an allergy to salicylates (i.e. aspirin).
- Avoid unprotected sun exposure, or tanning for at least 2 weeks prior to your procedure. Always use an SPF 30 or higher containing zinc oxide and/or titanium dioxide for proper sun protection.
- Discontinue the use of any topical products that may be drying or irritating (e.g. AHAs, BHAs, retinoids) 3 days prior.
- Avoid other aesthetic procedures or cosmetic injections in the area(s) to be treated for 2 weeks before and after.
- If you are prone to cold sores, it is recommended to take antiviral medication for 7 or more days before and after.
- Stay hydrated by drinking 8+ glasses of water daily to improve results & healing time.

### **Day of Treatment**

- Arrive with clean skin free of any lotion, oil, makeup, powder, or sunscreen.
- Notify your practitioner of any changes in your medication, health status, or personal activities that may be relevant to your treatment.
- Chemical peel treatments typically take around 10 - 30 minutes depending on the type of peel and the number of layers applied. During the treatment, a mild tingling, itching, stinging, hot or heating sensation may be experienced temporarily.
- To make the procedure more comfortable, a handheld fan will be provided to cool the treatment area as the peel time elapses.
- It is very important to have honest communication with the practitioner about your sensation level during the application of the chemical peel.
- Your practitioner will make individual recommendations on when to resume normal skincare.

### **After your treatment**

- If Retinoic Acid is used as part of your procedure, your skin will have a light yellow tinge immediately after the procedure. This is temporary and will fade in 1 to 4 hours. It is recommended to wait 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 (1-4 hours).
- Avoid all direct & indirect sun exposure. Use an umbrella, hat, or any other available protection against sunlight while outdoors.
- Always use an SPF 30 or higher containing zinc oxide and/or titanium dioxide for proper sun protection.
- Your skin may be pink or red for 2-3 days. Apply a light moisturizer (Aquaphor) as often as needed to relieve dryness and tightness.
- Other possible skin reactions include irritation, itching, or sensitivity which may last for 3 or more days. Take Benadryl if needed.
- Avoid all strenuous activities during the healing process as sweating increases infection risk and the heat intensifies swelling.
- Skin pigmentation may appear darker post chemical peel. This is normal; the darker skin will exfoliate during the peeling process.
- Approximately 48 hours after the procedure, your skin will start to peel. This peeling will generally last 2 to 5 days.
- DO NOT pick or pull peeling skin. This can cause scarring or post-inflammatory hyperpigmentation (PIH). Use a small pair of scissors to trim off excess dead skin. It is imperative to allow natural healing to minimize complications.
- Keep the treated area clean and well hydrated (specifically for the first 7 days). DO NOT scrub skin when cleansing.
- Do not have any other treatments for at least 1 - 2 weeks after your peel or until the skin has completely healed.

**Lack of peeling** Peeling is often invisible to the naked eye. The absence of visibly flaking skin (sheet peeling) does not indicate the peeling step of the treatment did not work as the skin is exfoliating at a cellular level. There are a number of reasons why there may be minimum peeling or no 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 peel treatment, and severe sun damage.

**Adverse Reactions** It is common and expected that your skin will be red and possibly itchy and/or irritated. However, **if you experience any side effects, such as prolonged redness or swelling, a histamine reaction, burning, blistering or infection, contact your practitioner immediately for proper assessment and care instructions.**