



# Informed Consent & Release for Chemical Peels

Name: \_\_\_\_\_  
First Middle Last

Please read thoroughly, initial each statement and sign at the bottom.

I, \_\_\_\_\_ authorize the Skin Care specialist at Spa 360 to perform a chemical peel skin exfoliation treatment on me.

Area(s) to be treated: \_\_\_\_\_

Chemical peels are not cure-all epidermal treatments. However, for certain skin conditions, these peels can provide marked improvement in the appearance of one's skin. Therefore, it is very important that patients have a thorough understanding of what a Chemical Peel can and cannot do for your particular skin condition. In addition, it is imperative that patients acknowledge the potential risks associated with the administration of Chemical Peels.

The included list is not intended to be a complete or exhaustive list of all possible problems or complications, which may arise as a result of the Chemical Peel. Should one or more of the listed complications arise, please **contact our office immediately**.

- **Discomfort** is generally minimal and subsides after a short duration.
- **Swelling** occurs rarely and is usually minimal. Swelling subsides in a few hours to a few days.
- **Reddening** or a red discoloration may persist anywhere from a few minutes to several days
- **Demarcation** is a difference in color, texture, or pigmentation that may occur at the junction between the treated and non-treated skin areas. This is not common with epidermal procedures.
- **Existing blemishes** or moles, blood vessels (telangiectasias), freckles, and sun-spots may become more obvious and darker since layers of dead skin have been removed.
- **Eye Injury** caused by chemicals getting into the eye, scarring, and vision disturbances may occur. Protective safety goggles are recommended to be worn by you, the patient, while chemicals are being used during all Chemical Peels.
- **Scarring** is not common, but may occur.
- **Pigmentation** is rare and usually temporary. Possible permanent changes in the color of the skin could occur.
- **Milia** may occur, but will usually disappear quickly.
- **Infection** is extremely uncommon, but may arise. An outbreak of herpes may occur in affected individuals (if you are prone to cold sores, ask your physician for medication)

- **Hair growth:** If the dermaplaning phase of the chemical peel is administered, hair is expected to grow back blunt-ended. New hair will not be darker or denser. However, I do understand that any hormonal imbalance that may be present within my anatomical system can alter the normal hair growth pattern and cause a darker and denser restoration process.
- **In General:** Any and all risks and complications can result in additional surgery, hospitalization, time off work, and expenses to you. Early detection and treatment may minimize future complications.

\_\_\_\_\_ My Skin Care Specialist has explained the Chemical Peel procedure to me in detail. For optimum results, I understand a homecare regimen is needed to enhance the results of a Chemical Peel.

\_\_\_\_\_ I understand Chemical Peels are a skin rejuvenation treatment. I may need several administrations of this procedure in order to achieve my best results.

\_\_\_\_\_ I understand it is extremely important to strictly follow all homecare regimen instructions when striving for optimal results.

\_\_\_\_\_ I understand that if I experience any adverse side effects that appear to be attributable to my use of homecare regimen products, I would discontinue use of the products and notify Spa 360.

---

Client Signature

Date

---

Skin Care Specialist Signature

Date

Revised March 1, 2014



## Chemical Peels Post Treatment Care

**Always use a broad spectrum sun block or sunscreen of at least SPF 15 every day.**

Do not use retinoid products (Retin-A-, Renova, Retinol), Alpha Hydroxy Acid, or any other exfoliating products during the first three days after each treatment. You may resume your normal skin care regimen on the fourth day.

Use a mild cleanser and moisturizer during the first three days after the treatment. We recommend the SkinCeuticals line of products for this period.

NO exposure of treated areas to sun light or tanning beds for at least 48 hours post treatment.

NO waxing of treated areas within 7 days prior or post chemical peel.

### ***What to expect after treatment.***

Your skin may feel tight, dry, or sensitive, like your skin has been exposed to the sun and wind for a long period of time, for 24 to 48 hours post treatment. Some people experience slight to moderate peeling for up to ten days.

Deeper treatment for shallow scars or moderate to heavy sun damaged skin may appear red and swollen for a few hours. Some people who have sensitive skin may appear this way for a few days.

**As always, we encourage you to call with any questions or concerns that you may have:  
(970) 482-3473**