

### Skin Peel Consent Form

I confirm that I have been fully informed by the practitioner and understand the following conditions relating to a chemical skin peel treatment.

I have completed a medical questionnaire and I am aware that some conditions can prohibit this treatment due to the possibility of adverse skin reactions.

All the information I have given to my practitioner regarding my health, medications and skin care products is correct and accurate. If I am unwell, or am taking any medications I have been advised not to peel the skin. Some medications can affect the sensitivity of the skin and I agree to advise my practitioner of any tablets or creams I am using.

I understand that if I am using Roaccutane, I must have discontinued using it for at least six months before I can start peeling the skin. Oral medications for treating acne can make the skin extremely sensitive and I am more likely to experience unwanted skin reactions.

The investment in my skin has been discussed with an initial recommended outline of what the treatment program will entail. I am aware that an initial intended or suggested treatment programme may have to be altered, adjusted or extended according to how my skin responds to previous treatments. I realise that an exact number of treatments to achieve results cannot be predicted and the number of peels necessary will depend on the strength of the peel used and my personal response to the peels.

It has been explained that if I am preparing to have a higher strength peel, it is essential that I adhere to the skincare programme advised by my practitioner and do not use any other skincare products. This is to minimise the possibility of skin irritation and to maximise the efficacy of your skin treatment and recovery process.

It has been explained that in order to improve pigmentation problems or prevent the possibility of post-inflammatory hyperpigmentation I will need to use a pigment suppressing product for two to three weeks before peeling the skin.

Although a tanned skin can be treated, it is not advisable to perform a skin peel on skin that has recently been exposed to intense UV light. Two weeks between UV exposure (natural sun or tanning booth) and skin treatment is recommended.

I understand that it is unadvisable to use depilatory creams, bleach, shave or have any other hair removal treatments such as waxing, electrolysis or laser two weeks prior to a higher strength skin peel and one week prior to a lower strength peel.

I have been advised not to have facial fillers for two weeks before an acid peel.

Each of the potential side effects below has been explained by the practitioner and I am aware of the possible side of effects of skin peeling treatments as follows:

**Acne breakouts:** For most people this is unusual, but could be more likely to happen if you already suffer with spots. Any type of skin treatment could result in an outbreak of spots, pimples or infection. If spots occur after a peeling treatment, it may be that your skin does not agree with the type of peel we used, therefore, a different peeling method can be considered for your next treatment. It may be that your skin needs to adjust to the new treatment.

Severe infection is rare. It is recognised by inflamed, red and/or itching skin that may have yellowish pustules. Although very rare, it may be necessary to obtain antibiotics (topical or oral) to treat the infection.

**Swelling or puffiness:** Some mild puffiness or very slight swelling is possible after a peeling treatment. This is a normal healing reaction by the body. Severe or excessive swelling caused only by a peeling treatment is extremely rare. Cool compress applied to the affected area and oral antihistamines can relieve symptoms of swelling. It is very unusual, but possible that prescribed antihistamines may be necessary to relieve excessive or prolonged swelling.

**Crusting or heaving scaling:** Some dry and flaking skin is normal after a skin peel. Sometimes, if the skin is sensitive to the peel or the strength of the peel has been increased to aim for greater treatment results, a heavier patch of dry skin or a thicker dark crust or scab may form. Although this is considered a greater skin reaction, a good treatment result will still be achieved.

**Blisters or 'Blanching' of the skin:** It is very unlikely that the skin will blister after a skin peel, but it is something that could happen if the skin has become extremely sensitive to the strength of acid applied. Sometimes the skin may 'bubble' or form a blister. Although this could occur anywhere on the face where the acid has been applied, it typically only occurs on isolated patches. Blisters or blanching can result in a weeping open wound and must be kept clean and dry to prevent infection. In some cases it may be advisable to use preventative measures to avoid infection such as topical antiseptic cream and/or oral antibiotics. The resulting scab must be left alone to heal. Although a blister can have an undesirable appearance, it will often normalise without any problems, however in rare cases a skin blemish may remain.

Pigmentary changes (Either darker or lighter skin discolorations) could occur after any type of skin treatment. The darker your skin (Asian, Indian or Black skin) the more likely you are to suffer with uneven pigmentation as a result of treatment. This is simply a response of the body to the irritations of the peel and is quite unpredictable. If you are having skin peels to treat existing pigmentary problems, you need to consider how you will feel if more or darker pigmentation occurs after treatment. You will be advised to use a pigment suppressing product two or three weeks prior to peeling the skin to reduce the possibility of uneven skin colour. If you generally do not suffer with uneven skin colour, it is less likely (although still slightly possible) to experience some discolouration to the skin.

## Consent

- I realise that reactions of the skin are unpredictable. I realise that the described side effects can have a varied appearance and the appearance or severity of these skin reactions is unpredictable. I understand there may be other possible extremely unusual side effects that have not been discussed in this document.
- Regardless of precautions taken, I acknowledge the possibility of an adverse reaction to the peel and accept sole responsibility for any medical care that may become necessary. I agree to inform the practitioner at the clinic that my treatment was performed if I am concerned about any skin reactions or if any adverse skin reactions occur.
- I understand that although every effort and intention of the practitioner is to improve the appearance of my skin, it is possible that my skin may not achieve satisfying results. I understand there are no guaranteed results from this treatment. Many variables such as age, lifestyle, skin condition, thickness and sensitivity can affect the response to the peel.
- I agree to adhere to the advised preparation and aftercare as outlined by my practitioner.
- I would like to commence with skin peeling treatments.

Signed: