



## **VITALIZE CHEMICAL PEEL INFORMATION & INFORMED CONSENT**

Patients with active cold sores or warts, wounded, sunburn, excessively sensitive skin, dermatitis or inflammatory rosacea in the area to be treated should be excluded from the Vitalize Peel, because the procedure could potentially precipitate a flare up or spreading. Inform the esthetician if you have any history of herpes simplex.

Patients with a history of allergies, rashes, or other skin reactions may be sensitive to treatment. Vitalize Peel should not be performed on patients with an allergy to salicylates (i.e., aspirin).

This peel is not recommended if you have taken Accutane within the past year, or received chemotherapy or radiation therapy.

This procedure should not be administered to pregnant or breastfeeding (lactating) women.

### **ONE WEEK BEFORE YOUR VITALIZE CHEMICAL PEEL**

Avoid the following procedures for one week prior to your peel:

a. Electrolysis b. Waxing c. Depilatory Creams d. Laser Hair Removal e. Any exfoliating products f. Any products that may be drying or irritating, including products containing Salicylic Acid, Alpha Hydroxy Acids including Glycolic Acids.

### **TWO TO THREE DAYS BEFORE YOUR VITALIZE CHEMICAL PEEL**

1. Stop using Retin-A, Renova, Differin (**Adapalene 0.1%**), or any products containing Retinol, AHA or BHA, Benzoyl Peroxide.

### **AFTER YOUR VITALIZE CHEMICAL PEEL**

1. Immediately after the peel your skin will be light yellow. This is temporary and will fade in 1 to 2 hours.
2. Patients with hypersensitivity to the sun should take extra precautions to guard against exposure immediately following the procedure. They may be more sensitive following the treatment.
3. Your skin may be more red than usual for 2 to 3 days. Please avoid strenuous exercise during this time.
4. Approximately 48 hours after the treatment, your skin will start to peel. This peeling will generally last 2 to 3 days. **DO NOT PICK OR PULL THE SKIN.**
5. When washing your face, do not scrub. Use a gentle cleanser such as SkinMedica Sensitive Skin Cleanser or any other cleanser that does not contain soap.
6. Apply light moisturizer such as SkinMedica Rejuvenative or Ultra Sheer Moisturizer as often as needed to relieve dryness and tightness.
7. Use a sunscreen with an SPF of at least 20, such as Daily Sun Protection for Faces, SPF 20 and avoid direct sunlight for at least 1 week.
8. Do not have any other facial treatment for at least one week after your peel.
9. You may resume the regular use of Retin-A, alpha hydroxyl acid (AHA) products or bleaching creams **ONLY** after the peeling process is complete.

**Call the office immediately if you have any unexpected problems after the procedure.**

I understand that the chemical peel is not an exact science and the degree of improvement is variable.

I understand that occasionally there is no improvement and another form of treatment may be required.

By my signature below, I acknowledge that I read "Vitalize Chemical Peel Information & Informed Consent" and understand it. I have been given the opportunity to ask questions and my questions have been answered to my satisfaction. I have been adequately informed of the risks and benefits of this treatment and wish to proceed with the Vitalize Chemical Peel.

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INFORMATIONAL PURPOSES ONLY.***