

## **INFORMED CONSENT AND INFORMATION SHEET**

### **CHEMICAL PEEL**

#### **What is a chemical Peel?**

Chemical peeling is a technique used to improve the texture and appearance of the skin. A chemical solution is applied to the skin that eventually results in peeling the outer layers of the skin.

#### **What can a chemical peel do?**

The results achieved from a chemical peel depend upon the agent used for the peel. Chemical peels are used to regenerate the skin. The regenerated skin is usually softer, smoother and has a more even texture. Fine lines and wrinkles are frequently improved with medium depth chemical peels. In addition, pigmentation of the skin in the form of age spots, freckles, and brown blotches may be improved. Chemical peels are most commonly performed on the face, neck and back of hands.

#### **Precautions before a peel**

If you have a history of herpes cold sores or fever blisters, we may want to provide a prescription for an antiviral medication to help prevent a recurrence. If you are using or have used isotretinoin (Accutane), please tell Dr. Fountain as these medications can interfere with the chemical process. You should avoid sun exposure in the weeks leading up to your peel and ideally wash and moisturize your skin during this time. **Wash your face with soap vigorously before coming to the office, paying particular attention to the lower lids or other areas being treated. You must not apply any make-up or moisturizer the day of the peel.** These can lead to uneven streaking and diminished results of your peel.

#### **Are chemical peels painful?**

During a chemical peel you will experience mild to moderate stinging at the treated site. This diminishes when the peeling agent is neutralized and resolves in several minutes. A fan may be used during the procedure to cool the skin and relieve some of the stinging sensation.

#### **What can I expect after the treatment?**

Depending upon the strength of the peel, a reaction similar to sunburn occurs after a chemical peel. Superficial chemical peels involve redness, followed by possible scaling that resolves in 2-4 days. Medium depth chemical peels may result in swelling and light crusting of the skin. The skin heals over period of 7-14 days. As the skin heals, some tingling and itching may occur. It is important not to scratch the skin. Cool compresses and lubricating ointment can help with any itching.

It is important to avoid direct sun exposure during the healing phase and for several months thereafter. Any significant sun exposure can lead to irregular skin pigmentation.

**Are results permanent?**

No aesthetic procedure should be viewed as permanent. The skin will continue to age after the procedure is performed. An analogy is setting the clock back in time. The clock will continue to tick after it is reset. Depending on the depth of your chemical, results may last from several months to several years. Proper skin care and sun protection with sunscreens will help protect your skin from the aging affects of the sun, and prolong your improvement.

Many patients are good candidates for chemical peels. The ideal patient has fair skin and a light complexion with no history of pigmentation problems. Patients with darker skin can also have chemical peels, but the risks of pigment changes after the procedure are higher. The type of peel being used also influences the risk. We will assess your skin and help you choose among the various types of peels available.

**What are some of the risks of chemical peels?**

Complications of chemical peels include color changes (lightening or darkening) that may be permanent, infection, scarring and persistent redness. Change in position of the eyelid is possible but not likely. The desired effect of the chemical peel may not be achieved. The more superficial the peel, the less likely are these potential problems.

**What are some of the limitations of chemical peels?**

Chemical peels cannot remove loose or sagging skin and do not serve the same function as a face lift, brow lift, or eyelid lift. They do not eliminate the gravitational forces that produce loose skin. Chemical peels cannot change pore size, nor can they predictable remove broken blood vessels on the face. However, chemical peels may improve the appearance of these conditions.

**What are some alternatives to a chemical peel?**

Chemical peels are a cosmetic procedure performed at the request of the patient. They are not medically necessary. Patients have this procedure to try to improve the appearance of their skin. There are many ways to improve the texture and coloration of the skin, slight wrinkling and scars. These include laser resurfacing, dermabrasion, dermal fillers and surgical tightening of the skin. The more aggressive the procedure, the better results, but the risks are also greater. The final decision made by the patient must be based on an assessment of the risks of the procedure compared to the desired results and possible benefits.

I acknowledge that I have read the entire consent form. I feel that I fully understand its contents and that I have been adequately informed of the risks, benefits, advantages, disadvantages, alternatives and possible complications of chemical peeling. All of my questions and concerns have been answered, and I hereby consent to the procedure.

I recognize that the results from this procedure are not absolutely predictable, and that there are no guarantees or assurances that can be made concerning the results of such treatment. I further acknowledge that there have been no guarantees as to the cosmetic results from this procedure.

Product and Strength to be used: \_\_\_\_\_

Date: \_\_\_\_\_

Name: (print) \_\_\_\_\_ Signature: \_\_\_\_\_