



Chemical Peel Patient Information

This is an informed consent document which has been prepared to assist your Physician, Registered Nurse, and/or certified Aesthetician inform you about skin peels and skin treatment procedure(s), the involved risks, and alternative treatments.

It is important that you read this information carefully and completely. Please initial each page, indicating that you have read the page and then sign the consent on the final page.

Contraindications to all peels: If you have any of the following, a peel should not be done at this time and you must notify your Physician, Registered Nurse or certified Aesthetician immediately:

- Use of Accutane in the last 6 months
- Active herpes simplex (cold sores)
- Facial warts
- Blood vessel disease
- Diabetes
- Inflammation, irritation or infection of the skin
- Influenza
- Varicella (chicken pox)
- Kidney or Liver disease
- If you are now pregnant, think you might be pregnant, or are trying to become pregnant
- If you form keloid or hypertrophic scars
- If you have a history of sun allergies
- Prior bad reaction to a peel
- Recent radiation treatment for cancer
- Sun burn or significant sun exposure in the last two days
- Surgery or cryosurgery within the last month to the area that you plan to have peeled
- Allergies to Resorcinol
- Allergies to salicylic acids

What To Do Before Your Peel

- Do not apply any of the following for 1 week prior to and 1 week after your treatment, or as instructed by your Physician, Registered Nurse or certified Aesthetician at River

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RIVER RIDGE DERMATOLOGY

Ridge Dermatology: Retinol, Retin-A, Renova, Tazorac, Tretinoin, Atralin, Ziana, Veltin and/or Differin.

- Do not sun tan or use the tanning bed 2-4 weeks prior to and 2-4 weeks after your treatment.
- Stop any type of depilatory treatments (waxing, depilatory creams) to the area of treatment for 2 weeks prior to and 2 weeks after your treatment.
- Stop electrolysis, and any type of laser treatments (laser hair removal, IPL) to the area of treatment, 2-4 weeks before and 2-4 weeks after your treatment, or as instructed by your Physician, Registered Nurse or certified Aesthetician at River Ridge Dermatology.

What to Expect After Treatment

- Patients may have tightness and smoothness immediately post-peel. Peeling usually begins 1-2 days after the treatment and can extend up to 7 days.
- *Do not peel, pick or scratch the treated area, as this may result in scarring.*
- Transient hyper-pigmentation and superficial crusting is possible in the areas of inflamed acne.
- Skin Type III may experience darkening after peel due to increased shedding of the outer layers.
- Minor side effects may include, but are not limited to: superficial crusting, edema and temporary bruising in the lower eyelids areas, hypo-pigmentation, temporary dryness and hyper-pigmentation, all which typically resolve quickly.
- Do not overheat (hot tubs, vigorous exercise) for a couple of days after your peel.

Post Treatment Care

- When cleansing, do not scrub. Use a gentle cleanser such as RRD Ultra Gentle Cleanser or as directed by your Physician, Registered Nurse or certified Aesthetician at River Ridge Dermatology.
- Apply RRD Ultra Lite Moisture Dew Cream 1-2 times daily during the first week after the peel or as directed by your Physician, Registered Nurse or certified Aesthetician at River Ridge Dermatology.
- Apply RRD Sheer Physical Sunscreen SPF 50+ every morning on top of your Ultra Lite Moisture Dew Cream.
- Apply Soothing Recovery Ointment to dry, flaky areas or as directed by your Physician, Registered Nurse or certified Aesthetician at River Ridge Dermatology.

RIVER RIDGE DERMATOLOGY



- With any peel, your skin may start to peel 1-3 days after the peel and continue to peel for 2-5 more days; however, it is also possible your skin may not peel at all.
- *Do not peel, pick or scratch the treated area, as this may result in scarring.*
- Do not have any other facial treatments for at least 2 weeks after your peel or until the skin is smooth and back to normal.
- If given a cortisone cream by your Physician, Registered Nurse or certified Aesthetician, please apply it 1-3 times per day to red, irritated areas or as directed.
- Always wear your sunscreen; apply a sunscreen with SPF 30 or higher every morning.
- Follow any instructions given to you by your Physician, Registered Nurse or certified Aesthetician.