



THE PERFECT DERMA™

A chemical peel, RX

The Perfect Derma Peel Consent Form

The Perfect Derma Peel is a medium depth, medical grade chemical peel suitable for all skin types. The peel contains Trichloroacetic Acid (TCA), Retinoic Acid, Kojic Acid, Salicylic Acid, Phenol, Glutathione and Vitamin C.

Contraindications:

- Patients who are pregnant or breast feeding
- Patients with an allergy to any peel ingredient listed above, or to aspirin
- Patients who have used Accutane within the past 4 months
- Patients who have open wounds, sunburn, infected skin, cold sores or lesions. Patients with a history of cold sores (herpes simplex) may be given an antiviral 3 days prior to the peel
- Patients who have recently had treatments such as waxing, electrolysis or chemical exfoliants
- Patients who are undergoing chemotherapy and/or radiation therapy
- Patients with a history of an autoimmune disease or any condition that may weaken the immune system

Please read and initial the following:

_____ Prior to receiving treatment, I have informed my medical professional about any medications or health conditions that may contraindicate this treatment.

_____ I understand that there might be some discomfort such as stinging, redness, burning, swelling, itchiness or tightness during and a week after the treatment. I understand that it is important not to pull, pick at or remove peeling skin forcibly.

_____ I understand that there is no specific guarantee as to the final results of the peel, and that I may require more than one treatment for optimal results.

_____ I understand that while complications are extremely rare, they may occur. In the event of a reaction or complication, I agree to immediately contact my medical professional for follow up care.

_____ Occasionally hyper pigmentation or hypo pigmentation may develop which can persist for weeks or months after the treatment.

_____ I understand that post peel care includes use of MDSolarSciences Mineral Creme SPF 30 or an SPF 30 or above and avoid sun exposure during the exfoliation process.

_____ I understand that extended sun exposure, including use of tanning beds, is prohibited both before and after The Perfect Derma Peel treatment. Avoid sweating excessively or use of steam/sauna for 3 days post peel.

_____ I understand that this is an elective procedure and is non refundable.

_____ I understand that no other chemical peels or medical device treatments are to be performed on my skin until my medical professional releases me to do so.

Patient signature _____ Date _____

Medical Professional _____ Date _____



Maintaining Peel Results

The Perfect Derma Peel may be repeated 2-4 times per year to maintain the appearance of the skin.

For severely damaged skin, a series of 3 treatments, spaced four weeks apart, is recommended.

Maintenance peels are recommended every 3- 6 months.

Patient Post-Peel Instructions

Days 1 - 2: The treated area will feel tight and may appear slightly darker.

The peel solution should remain on the treated area for at least 6 hours. During the first 6 hours, do not wash, touch, rub, or apply make-up to the treated area.

No make-up should be applied on Day 1.

If you are not experiencing any irritation or discomfort, the peel solution can remain on until your evening cleansing or overnight.

In the morning and evening on Day 2, gently wash and dry the treated area. Vigorously apply the Post-Peel Towelette to the treated area. Let dry thoroughly.

For morning application, towelette solution should be left on for 30 minutes before applying *Mineral Perfection/Tinted SPF 30* and make up. For evening application, leave the treatment on overnight, do not wash off.

If you are experiencing any irritation or discomfort, apply a small amount of 1% or 2.5% hydrocortisone to the area (2-3 times daily) and/or use a cold compress against the irritated area for relief.

Do not use any moisturizing products on the treated area until peeling begins (usually Day 3). If skin is very dry or tight, it is acceptable to use moisturizer before day three. Avoid excessive sweating, sauna or heavy exercise during peel process.

Days 3 - 5: Peeling generally begins on Day 3.

After peeling begins, apply *The Perfect Derma Moisturizer* (included in the patient home care kit) to the peeling areas 3 or more times a day to control the peeling and relieve the tightness. This moisturizer should be used for one full week for Caucasian patients and two weeks for Asian, Hispanic and African American patients.

Do not rub, pick or pull on the peeling skin, let the peeling occur naturally. Rubbing, Picking or Pulling may cause scarring. Dead skin can be removed with small scissors.

Gently wash (Do Not Scrub) and dry the treated area morning and night, and apply *The Perfect Derma Moisturizer* as needed. *Mineral Perfection/Tinted SPF 30* should be applied every 2 hours in sun exposure.

If you experience any irritation or discomfort, apply 1% or 2.5% hydrocortisone to the area.

Days 6 and After: The peeling process is generally complete.

Mild sloughing may still be occurring in some treated areas. You may resume use of your normal skin care products unless otherwise advised by your medical professional. If the treated area becomes irritated, wait until the sensitivity subsides. Continue to protect your skin with *Mineral Perfection/Tinted SPF 30*.

Acne Patients: Day 10+

You may resume use of your normal skin care products. For active and severe acne patients, a series of 3 – 4 *The Perfect Derma Peel* treatments can be used 3 – 4 weeks apart. Continue to use *Mineral Perfection/Tinted SPF 30*.

Hyper pigmentation & Melasma Patients: Day 10+

The Perfect A – use at night

The Perfect Bleaching Cream - combine with *The Perfect A* at night, or as advised by physician

The Perfect Bleaching Cream may also be used during the day if advised by physician.

For active, mild or severe Melasma patients, a series of 3-4 Peel treatments should be used 3-4 weeks apart for optimal results, followed by the above skin care regimen. Continue to protect the skin with *Mineral Perfection/Tinted SPF 30*.

Anti Aging: Day 10+

You may resume use of your normal skin care products. For optimal results incorporate these products in to your home care regimen:

The Perfect C – use day and night for collagen stimulation and reduction of fine lines and wrinkles

The Perfect A - combine with *The Perfect C* as advised by physician

Continue to protect your skin daily with *Mineral Perfection/Tinted SPF 30*.