

Chemical Peel

Name:

Date:

Fitzpatrick Skintype:

Consent:

I understand that results will vary among individuals. I understand that although I may see a change after my first session, I may require a series of sessions to obtain my desired outcome. I understand that maximal results occur when peels are paired with appropriate home care regimens. Most peels will result in little to no downtime but do create dramatic and visible results. Peels may cause slight redness, tightness, peeling, flaking, or dryness which resolves in the first week after the procedure.

The procedure and side effects have been explained to me, including alternative methods. I understand the advantages and disadvantages of this procedure.

I am aware that although good results are expected, the possibility and nature of complications cannot be accurately advised; therefore, there can be no guarantee, expressed or implied, either to the success or other result of the treatment. I am aware that this treatment is not permanent and natural degradation will occur over time.

Contraindications and precautions include: keloid or raised scarring; history of eczema, psoriasis, actinic (solar) keratosis, herpes simplex infections, diabetes, and other chronic conditions; presence of raised moles, warts, or any raised lesions in the target area.

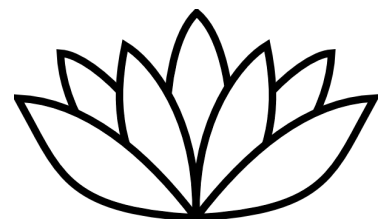
***Please notify Dr Alexis if you have a history of HSV/cold sores so pre-procedure prophylaxis can be prescribed for you.*

Absolute contraindications include: scleroderma, collagen vascular diseases, or cardiac abnormalities; rosacea or blood clotting problems; active bacterial or fungal infections; immuno-suppression; and scars less than 6 months old.

In addition, no chemical peels within the last 14 days; wax or depilatory hair removal within the last 5 days; Botox injection or filler injection within 2 days; and facial rollers/microneedling within the past 2 - 4 weeks. Please stop using retinoic acid or tretinoin (or other Rx strength vitamin A preparations) 5 days in advance of the peel.

Treatment is not recommended for patients who are pregnant or nursing due to risk of hyperpigmentation and need for retinoids.

Medical Aesthetics and Skin Care
Alexis Alexandridis MD FACS
Consultations • Apothecary
Microneedling • Botox • Chemical Peels
246 Perkins Street • Sonoma • California
t/ 707.938.7690
w/ dralexissurgery.com/skin
f/ [@dralexissurgery](https://www.instagram.com/dralexissurgery)
i/ [@dr_alexis_sonoma](https://www.instagram.com/dr_alexis_sonoma)



Chemical Peel

I agree to follow post-peel instructions (see below), refrain from sun exposure, and use appropriate sun protection. I agree that I will not undergo another chemical peel within 14 days after this treatment.

I agree that I have read (or that it has been read to me) and understand this consent form, and that I understand the information contained in it. I have had the opportunity to ask any questions about the treatment, including risks and alternatives, and I acknowledge that all my questions about the procedure have been answered to my satisfaction.

Signature: _____

Home Care Instructions:

For the first 2 days:

- Stay as cool as possible. Overheating can cause hyperpigmentation.
 - Avoid hot tubs, steam rooms, saunas, hot water, exercise
 - Do not aim hair dryer or hot shower spray at the treated area
- Avoid swimming
- Avoid mechanical exfoliation like loofahs or facial brushes
- Do not apply ice or ice water to the treated area

Makeup:

- Ideally, avoid makeup application on the day of the peel. If absolutely needed, can apply 15 minutes after the procedure is completed.

Other Products:

- Do:
 - Use The Post-Procedure Solution Kit
 - 3-5 days or until peeling is complete
 - Morning: Facial Wash, CliniCalm+ReBalance (or Silkcoat Balm), SPF
 - Repeat CliniCalm/ReBalance and SPF as needed during the day
 - Evening: Facial Wash, ReBalance and/or Silkcoat Balm
 - Add on other correctives as instructed by Dr Alexis
- Don't Use:
 - AHA containing products for 7 days
 - Retin-A or Rx vitamin A products for 5 days
 - Exfoliating polish or scrubs for 5 days
 - Do not pick at peeling or flaking skin. This may start Day 2 and last thru Day 5

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