



# CHEMICAL PEEL

## *Informed Consent*

CLIENT FULL LEGAL NAME: \_\_\_\_\_

### SCOPE OF PRACTICE

A chemical peel is a skin-resurfacing procedure in which a chemical solution is applied to the skin to remove the top layers. The skin that grows back after a peel is smoother and younger looking. Chemical peels are used to treat acne, wrinkles, pigmentation and scarring — typically on the face but also on the chest and back. Peels can be done at different depths — light, medium or deep — depending on desired results. Each type of peel uses a different chemical solution and can be used to treat various skin problems.

Depending on the issues you're addressing, you'll choose a peel in one of three depths:

- Light chemical peel
  - A light (superficial) chemical peel removes the outer layer of skin (epidermis). It can be used to treat fine wrinkles, acne, uneven skin tone and dryness.
- Medium chemical peel
  - This type of chemical peel removes skin cells from the epidermis and from portions of the upper part of your middle layer of skin (dermis). A medium chemical peel can treat wrinkles, acne scars and uneven skin tone.
- Deep chemical peel
  - A deep chemical peel removes skin cells from the epidermis and from portions of the mid to lower layer of your dermis. Your practitioner might recommend a deep chemical peel if you have deeper wrinkles, scars or precancerous growths.

You'll be lying face-up during the procedure, which should last no more than an hour to complete. The practitioner will then gently apply the chemical to your face or other areas that you want.

*Client Initials:* \_\_\_\_\_

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When the chemical of choice is applied to your skin, you can expect to experience the following sensations:

- Tingling
  - The chemical applied will probably cause you to feel a little bit of tingling and itching, which are totally normal. Anything that feels painful should be communicated to the practitioner.
- Heat or Cold
  - After the peel is applied, you might notice the temperature of your skin starts to change slightly, in either direction. Some people say their skin feels a little warmer, while other say their skin feels a little cooler. Either one of these is normal and just depends on the individual.
- Taut Skin
  - Chemical peels help to extract any impurities in the skin. While that happens, you might feel a sensation of tightness, which is also normal as long as it's not excessive.

## POSSIBLE RISKS AND SIDE EFFECTS

Every procedure involves certain amount of risk and it is important that you understand these risks and the possible complications associated with them. The following are some of the risks.

### *Redness, scabbing and swelling*

Normal healing from a chemical peel involves redness of the treated skin. After a medium or deep chemical peel, redness might last for a few months.

### *Scarring*

Rarely, a chemical peel can cause scarring - typically on the lower part of the face. Antibiotics and steroid medications can be used to soften the appearance of these scars.

### *Changes in skin color*

A chemical peel can cause treated skin to become darker than normal (hyperpigmentation) or lighter than normal (hypopigmentation). Hyperpigmentation is more common after superficial peels, while hypopigmentation is more common after a deep peel. These problems are more common in people with brown or black skin and can sometimes be permanent.

### *Infection*

A chemical peel can lead to a bacterial, fungal or viral infection, such as a flare-up of the herpes virus - the virus that causes cold sores.

### *Heart, kidney or liver damage*

A deep chemical peel uses carbolic acid (phenol), which can damage heart muscle and cause the heart to beat irregularly. Phenol can also harm the kidneys and liver. To limit exposure to phenol, a deep chemical peel is done a portion at a time, in 10- to 20-minute intervals.

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