



# St Mellion Clinic

Aesthetic & Sports Injury

Unit 5 Briston Orchard, St Mellion, Saltash, Cornwall, PL12 6RQ ☎ 0844 800 8839

## Chemical Peel Information & Consent for Treatment

<b>Name of Patient:</b>	<b>Date:</b>
<b>Type of Chemical Peel:</b>	

### Planned Treatment

- **No make-up, lipstick, or jewelry** (especially necklaces or earrings) should be worn on the day of the procedure. If you have a history of cold sore, please inform the doctor before the procedure.
- No other pain medication will be given.
- **You may drive** yourself home after the procedure.
- Your skin will be prepared with a variety of cleansers and astringents by the medical assistant.
- Following that, a chemical will be applied to your face (or other body part as indicated).
- You will experience a **moderate burning sensation** for 1-5 minutes until the acid is neutralized with water.
- The skin will be "frosted" or appear slightly white for up to 2 hours following the procedure.
- This typically lasts 10-15 minutes followed by a mild "blush".
- **Once at home, apply an ice pack for 15 minutes every hour for the first 3 hours.** This will help reduce any swelling that may occur. Cleanse your skin very gently twice a day with sensitive cleanser.
- The skin will begin to tighten and turn brown on the **second day**.
- By the **third day**, the skin should begin to peel.
- **This will generally last for 7-10 days.**

### Risks and Complications

*Complications could potentially occur with chemical peels, as they can occur with any other form of surgical treatment.*

*Careful attention to the doctor's instructions is imperative. Contact the office immediately if any of the following occur;*

- **Skin infection** (pus, oozing, fever)
- Appearance of a **cold sore** on the lips or any portion of the peeled area. (Note: the cold sore can spread if not cared for immediately.)
- **Allergic reaction** or irritation to any of the creams or medications.
- **Wind or sun sensitivity**
- Extreme reactions such as **scarring or keloids**
- Increase or decrease in **skin pigmentation** which does not blend with normal skin after healing from the treatment.

### Post Peel Care

While you are peeling we suggest the use of a good moisturizer such as **Alovera**. This can be applied as often as needed, **at least 2-3 times a day**.

1. **Avoid the use of glycolic acid, Vitamin C cream, or Retin-A** while you are peeling.
2. Resume application of these products between 7-14 days following the procedure.
3. **Avoid rubbing or scratching** of your skin and do not assist the peeling process by pulling off the skin with your fingers or tweezers; this prolongs the healing process.
4. **Make-up** can be applied when peeling is complete.
5. **Avoid sun exposure** while you are peeling.
6. A **sun block** containing either zinc oxide or titanium dioxide with an **SPF of 30** should always be worn because your new skin is very sensitive and susceptible to injury.

## Consent for Treatment

I voluntarily request a chemical peel treatment by Dr. Rajendra Patel

This procedure has been explained to me and my questions regarding such treatment, its alternative, its complications and risks have been answered by the doctor, her staff, and/or written information. The information that I have been given has been in terms clear to me and I understand the risks and complications of the treatments. My questions have been fully and completely answered for me and I have read this document and understand its contents. I hereby give my unrestricted informed consent for the procedure.

**DO NOT SIGN THIS FORM UNLESS YOU HAVE READ IT AND FEEL THAT YOU UNDERSTAND IT.**

**ASK ANY QUESTIONS YOU MIGHT HAVE BEFORE SIGNING THIS FORM. DO NOT SIGN THIS FORM IF YOU HAVE TAKEN MEDICATIONS WHICH MAY IMPAIR YOUR MENTAL ABILITIES OR IF YOU FEEL RUSHED OR UNDER PRESSURE.**

<b>Signature of Patient:</b>	
I have informed the patient of the available alternatives to chemical peelings, and of the potential risks and complications that may occur as a result of this treatment.	<b>Witnessed by [Doctors Name]: Signature:</b>