



## AESTHETICS & WELLNESS

### MEDICAL GRADE CHEMICAL PEEL PRETREATMENT

Although it is impossible to list every potential risk and complication, the following are recognized as known contraindications. Furthermore, it is your responsibility to fully and accurately disclose all medical history prior to initial treatment, as well as provide any necessary updates at all future treatment sessions.

If you have any of the conditions listed below, you should bring it to the attention of your provider PRIOR to signing the consent form.

- |   |  |
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| <input type="checkbox"/> Active infection of any type (bacterial, viral, or fungal) | <input type="checkbox"/> Recent chemical peel procedure        |
| <input type="checkbox"/> Blood thinner medications                                  | <input type="checkbox"/> Recent use of some topical medication |
| <input type="checkbox"/> Cardiac disease/abnormalities                              | <input type="checkbox"/> Any history of Accutane use           |
| <input type="checkbox"/> Chemotherapy or radiation                                  | <input type="checkbox"/> Scleroderma                           |
| <input type="checkbox"/> Collagen Vascular Disease                                  | <input type="checkbox"/> Active Skin Cancer                    |
| <input type="checkbox"/> Hemophilia / bleeding disorders                            | <input type="checkbox"/> Sunburn                               |
| <input type="checkbox"/> Hormone Replacement Therapy                                | <input type="checkbox"/> Tattoos                               |
| <input type="checkbox"/> Keloid/hypertrophic scarring                               | <input type="checkbox"/> Telangiectasia/erythema               |
| <input type="checkbox"/> Pregnancy / Lactation                                      | <input type="checkbox"/> Uncontrolled diabetes                 |
|   | <input type="checkbox"/> Vascular lesions (hemangiomas)        |

You will need to discontinue any Retin-A products or Tretinoin derivatives, 1 week prior to treatment.

Notify your provider if you have a history of oral herpes simplex virus or cold sores. Pre-medication 3-5 days in advance is recommended

IF you have darker skin or pigmented areas, notify us at the time of appointment. Pretreatment with a lightening agent may be suggested for optimal results.

### MEDICAL GRADE CHEMICAL PEEL POSTTREATMENT

- ❖ Aerobic exercise or vigorous physical activity should be avoided for the first 48 hours.
- ❖ Direct sunlight exposure is to be completely avoided immediately following the treatment (including any strong UV light exposure and tanning beds). If some sun exposure cannot be avoided, first apply sunscreen with an SPF of 30 or greater. Sunscreen (with at least a SPF of 15) should become a part of your daily skin care regimen as your skin will become more sensitive to the sun as a result of this treatment.
- ❖ Cleanse your face with water or a mild soap substitute such as
- ❖ Do NOT apply any type of glycolic acid or exfoliation products as this can severely damage or irritate the skin during the entire healing process.
- ❖ DO NOT peel, rub, or scratch your skin at any time, whatsoever. This WILL cause damage and compromise your results as well as possibly cause severe scarring.
- ❖ If you do have cracking, apply antibiotic ointment or Aquaphor to the area as needed.
- ❖ Report any signs or concern of infection (including but not limited to drainage, increasing redness, increased swelling, warmth, fever)

- ❖ If you experience painful areas of the face, contact your skin care therapist immediately, especially if you are prone to cold sores. Any blisters that form will need to be reported immediately.
- ❖ Makeup may be used after the treatment has quit swelling, unless there is epidermal bleeding. It is recommended to use new makeup and applicators to reduce the possibility of infection.
- ❖ Keep the area moist. Any moisturizer without alpha-hydroxy acids is appropriate.
- ❖ You may shower directly after the procedure in tepid water. The treated area may be washed gently with a mild soap. Skin should be patted dry and NOT rubbed.
- ❖ You may experience redness and bruising from five to fourteen days after the treatment. Avoid direct sun exposure and tanning beds for 1-2 months and throughout the course of the treatment so as to reduce the chance of dark or light spots. Use sunscreen SPF 25 or higher at all times throughout the treatment when going outside.
- ❖ Avoid tweezing, waxing, bleaching or laser services during the course of the treatment.
- ❖ Do not use any irritants such as Retin-A, Benzoyl Peroxide or astringents

Contact Aria Aesthetics & Wellness with any questions or concerns that you may have. [info@arianc.com]