

## Glycolic / Salicylic Acid or other Light Chemical Peel Consent Form

### DESCRIPTION OF PROCEDURE:

The area(s) to be peeled, usually the face, is usually cleansed with a alcohol or acetone preparation solution. The peel solution is carefully applied to the face avoiding the eyes and lips. The solution or gel is left on the skin for up to 2-5 minutes and then is removed with gauze sponges in cool water or a neutralizing agent or not removed.

### WHAT WILL BE EXPERIENCED:

As the peel solution begins to take effect, a mild burning / tingling sensation starts. This is minimally uncomfortable, but for most patients lasts approximately ten minutes and is soothing. At the end of the procedure, cool water or neutralizing solution may be applied to the face. The face is usually pink for up to several or more hours and may be dry over the next day or two. But, typically, any dryness is very subtle and not visually obtrusive – there is no need to skip work. Use an SPF 30 or higher sunscreen every morning and moisturizer as needed for several days. A skin care program is an important part of any post peeling regimen and should be started or restarted when your skin is back to normal (i.e. no longer pink or dry); usually after 2-5 days or more.

### CONTRAINDICATIONS (Reasons why you are not a candidate for a superficial / light chemical peel):

1. Allergy to any of the chemical peel components, especially salicylic acid (a derivative of aspirin)  
I am not allergic to aspirin.
2. Pregnant or nursing  
I am not pregnant or nursing.

### THE FOLLOWING COMPLICATIONS MAY RARELY OCCUR:

1. Prolonged Redness
2. Delayed healing with crust formation
3. Darkening of areas of skin (pigmentation). This is more likely if sun exposure occurs.
4. Cold sores (herpes simplex virus) can be activated by a peel.  
This presents as a group of blisters, usually around the mouth.  
This will require treatment with an oral medication (i.e. Zovirax, Famvir or Valtrex).
5. Bacterial infection requiring antibiotics.

### INFORMED CONSENT:

I agree to do the following:

1. I will limit my sun exposure as much as possible during the immediate period after my peel until my skin is no longer pink-red and will wear at least a number (SPF) 15 sunscreen whenever outdoors.
2. I will call the doctor if blisters, crusts, or new tan or brown spots form.
3. I will call the doctor if a red patch is still present after ten days.
4. I will inform the doctor if I have had cold sores (herpes simplex virus) in an area to be treated in the past. I will call the doctor if a cold sore (herpes simplex virus) forms after treatment.
5. Mild swelling and redness may occur, but I will call the doctor if my face becomes very red and swollen.

I have read and fully understand what is written above and all of my questions have been answered.

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PATIENT'S NAME / SIGNATURE

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DATE

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WITNESS / SIGNATURE