

Southwest Michigan Plastic Surgery & Med Spa
**PATIENT INFORMED PRE/POST CARE FORM
FOR CHEMICAL PEEL TREATMENT**

Before your treatment:

ONE WEEK BEFORE YOUR CHEMICAL PEEL AVOID THESE PRODUCTS AND/OR PROCEDURES:

- Electrolysis, Waxing, Depilatory Creams, Laser Hair Removal
- Patients who have had BOTOX® injections should wait until full effect of their treatment is seen before receiving a chemical peel

TWO TO THREE DAYS BEFORE YOUR CHEMICAL PEEL AVOID THESE PRODUCTS AND/OR PROCEDURES:

- Retin-A®, Renova®, Differin®, Tazorac® or any products containing retinol, alpha -hydroxy acid (AHA) or beta-hydroxy acid (BHA), or benzoyl peroxide
- Any exfoliating products that may be drying or irritating
- Patients who have had medical cosmetic facial treatments or procedures (e.g. laser therapy, surgical procedures, cosmetic filler, microdermabrasion, etc) should wait until skin sensitivity completely resolves before receiving a chemical peel

Note: The use of these products/treatments prior to your peel may increase skin sensitivity and cause a stronger reaction.

After your treatment:

- Avoid sun exposure and use a broad spectrum (UVA/UVB) sunscreen to prevent further sun damage
- Redness, itchiness, and irritation are common and resolve with time
- Avoid heat – hot tubs, saunas, etc. for 1-2 days
- Avoid skin irritants (examples below) a few days post-treatment
 - Products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.
- Avoid strenuous activities on the day of procedure
- Notify the clinic of any concerns (blistering, excessive redness/swelling, etc.)
- Adverse experiences are listed on consent form as well as on the back of this post care page.
- Although most people experience peeling of their facial skin, not every patient notices that their skin peels after a chemical peel procedure. Lack of peeling is NOT an indication that the peel was unsuccessful. If you do not notice actual peeling, please know that you are still receiving all the benefits of the chemical peel, such as: stimulation of collagen production, improvement of skin tone and texture, and diminishment of fine lines and pigmentation.
- Consult with the clinic about when to resume your skin care regime.

Additional instructions:

Southwest MI Plastic Surgery & Med Spa
7971 Moorsbridge Road
Portage, MI 49024
(269) 329-0655

The procedure may result in the following adverse experiences or risks:

- **DISCOMFORT/ PAIN**– – Some discomfort may be experienced during treatment. Pain may include the feeling of burning, stinging and radiating pain.
- **REDNESS/IRRITATION**–Short term redness (erythema) is common and swelling (edema) of the treated area may occur.. An urticarial (hive-like) reaction may occur with smaller vessels. Although rare, the following adverse experiences have been reported by patients after having a chemical peel: skin breakout or acne, rash, swelling, and burning.
- **SKIN COLOR CHANGES** – During the healing process, there is a slight possibility that the treated area may become either lighter (hypopigmentation) or darker (hyperpigmentation) in color compared to the surrounding skin. This is usually temporary, but, on a rare occasion, it may be permanent.
- **BURNS and INFECTION** - Infection is a rare possibility whenever the skin surface is disrupted, though proper wound care should prevent this. If signs of infection develop, such as pain, heat or surrounding redness, please call our office (269) 329-0655.
- **SCARRING** – Scarring is a rare occurrence, but it is a possibility if the skin’s surface is disrupted. To minimize the chances of scarring, it is **IMPORTANT** that you follow all post-treatment instructions provided by your healthcare staff.
- **TEXTURAL CHANGES/CUTANEOUS INDENTATIONS** – May occur as a result of heat diffusion and thermal injury to tissue surrounding vessels.
- **UNDESIRABLE HAIR REDUCTION:** Hair reduction may occur at treatment sites. This is usually temporary but may be permanent.
- **SUN EXPOSURE / TANNING BEDS / ARTIFICIAL TANNING** - May increase risk of side effects and adverse events.