

## **Consent for Treatment with Glycolic Acid (GA) Skin Peel**

### **Dermaceutic Glycolic Acid (GA) Peels (Mask Peel 30% and Milk Peel 50%)**

**Peels are an excellent treatment to help improve the texture and appearance of the skin. They can also help to reduce fine lines and improve the elasticity and tone of the skin as well as reduce abnormal pigmentation.**

During the procedure most people experience a mild stinging sensation whilst the glycolic acid mask/liquid is on the face. The face is often pink after the solution is removed, and there may be a faintish white discoloration in some areas, or a blotchy appearance to the skin that usually fades within a couple of hours. Some people do not experience any visible peeling off of the skin after treatment, but the treatment still has a beneficial effect, like a very good exfoliation.

Side effects or risks of these superficial peels can be hyperpigmentation (too much pigment which causes brown blotches on the skin) and a high factor sunscreen should be applied at all times to help reduce the potential for this problem.

In rare cases, people may experience an infection in the skin or an out-break of cold sores. This normally only occurs in people who have a history of such complaints. (Anti-viral medication may be recommended if such complications occur.)

The aftercare instructions advised by the practitioner must be strictly followed. In particular, strict sun avoidance and the use of a high factor (30+) UVA and UVB block when outdoors must be complied with for at least 6 weeks to minimise any risk of overpigmented areas developing, triggered by the sun. This also relates to cloudy and dull days when the sun is not visible.

I understand that the results of treatment with GA skin peels cannot be guaranteed and I consent to undergo treatment having been fully informed of the benefits and possible risks of treatment.

### **What should you do after a peel procedure?**

It is very important that you carefully follow the advice given by the practitioner following a peel treatment to help to improve the benefit of the procedure and reduce the risk of complications or side effects. This includes using all the crèmes as directed and using a high factor sun protection crème every day.

- Cleansing the face gently with a soap-free cleanser, pat dry with a towel, and moisturise twice a day;
- Don't pick off any dead/peeling skin as this may cause bleeding & discoloration, or even mild scarring;
- Not exposing yourself to the sun without a sunscreen for at least 6 weeks after treatment to reduce the risk of hyperpigmentation (brown blotches on the face) A high factor sunblock should be used daily to protect the skin (even on a dull or cloudy day).
- If itching is severe during the healing phase, antihistamines may be recommended to help stop this symptom.
- Avoiding scratching or picking at the skin to reduce the chances of scarring;
- Contacting us on 07984791222 immediately if you notice any signs of infection, scarring or pigment changes.

## **Who should not have a chemical peel?**

- If you have a history of problems with **keloid scars** (raised scars that grow out beyond the original site of injury) or other types of scarring of your skin;
- If you have facial warts or any current facial infection;
- If you have used the anti-acne treatment **isotretinoin** (brand name Roaccutane) within the last 12 months;
- If you have darkly pigmented skin, or red hair with freckled skin. In such cases, you would generally be unsuitable for the deeper peels owing to the potential for skin bleaching. Afro-Caribbean or dark Asian skin is often not suited to facial peels because of the risk of bleaching the skin. This is particularly the case with the deeper peels where the top layers of skin are removed.

## **Summary of risks from medical skin peels**

Peels are a commonly used form of skin rejuvenation and the vast majority are carried out with no complications. However, you do need to be aware of the risks, which can be summarised below:

- Burning sensation and stinging
- Redness – can last for a few weeks
- Peeling – it is important that you do not pick at or peel off the skin
- Sensitive skin after the peel
- In rare cases, patients may experience an infection in the skin or an out-break of cold sores. This normally only occurs in patients who have a history of such complaints and anti-viral medication may be recommended if such complications occur.
- Mild transient swelling of the face
- Hypo or Hyperpigmentation – patients must use all after care products as directed and remember to use a high factor sunscreen (factor 30 or more)
- In rare cases scarring or keloids may occur.

## **Client Consent**

**I understand that the results of a skin peel cannot be guaranteed and I consent to undergo treatment having been fully informed of the benefits and possible risks of treatment.**

**Patient's name (print):** \_\_\_\_\_

**Patient's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Practitioner's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

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