

CONSENT

Your skin is a living organ made up of millions of cells. Every day thousands of cells die fall off and are replaced by new cells from below. As we age, this process becomes more haphazard and your skin is less able to shed abnormal pigmentation or sun damaged cells. Such skin looks dull, lifeless and uneven. The function of skin peeling is to create an even, controlled shedding of several layers of damaged cells. This process exposes the younger, fresher skin beneath and reveals a more even colour and a smoother texture. Our range of light peels is designed to achieve such freshening of the complexion, to restore luster, reduce pigmentation and freckling and to improve acne blemishes and blackheads. These peels contain different combinations and strengths of active ingredients.

Light peels can be tailored both to suit individual skin types and problems and to accommodate the number of days you can allocate for recovery. Some degree of peeling is to be expected during the recovery from these peels. Even the lightest of these peels will make the skin tight and shiny for a few days, though this can largely be camouflaged with make-up. Heavier peels will result in peeling for anything from a day or two to a week. In addition, some patients will experience temporary red or brown streaking. Such streaking resolves as the peeled skin flakes away and is no cause for concern. Since some skin problems are deeper than others, more than one peel may be needed to achieve the desired result.

Best results are achieved by conditioning your skin for at least two weeks prior to your peel. Since everyone's skin is different, each person's peel programme must be tailored to his or her individual needs. At your initial consultation an appropriate skin care regime will be recommended for you. This preparation will remove the upper layers of dead and damaged cells from the surface of your skin and thereby enable the peel solution to penetrate more evenly and effectively. Such preparation is particularly important for those with pigmentation concerns. During your peel the solution is applied in layers. The more coats applied the heavier will be the peeling you experience. Tingling or slight stinging may be experienced and may require cool air fanning. After the peel your skin will feel tight and mask-like. During recovery, frequent application of a bland moisturiser such as sorbelene will accelerate healing and improve comfort. It is better to apply too much moisturiser than to let the skin dry out. Wash and shower as usual being careful to dab your peeled skin rather than to rub it. Avoid scrubs, masks, astringents, toners, Retin A or AHA products during the healing phase. Normal skin care can be resumed at the completion of the peel.

It is very important that you **DO NOT PICK** at the peeling skin. Picking will delay healing, increases the risk of infection and may compromise your final result. It is very important that you **DO NOT EXPOSE YOUR NEW SKIN TO THE SUN**. Apply a factor 30, broad-spectrum sunscreen each morning for at least three months (and preferably lifelong) after your peel. Premature exposure to the sun increases the risk of developing uneven pigmentation that may require further treatment.

If you decide to proceed to peeling you will be accepting certain risks. In our experience, after performing many peels, complications from light peeling are extremely rare and most often are the result of poor aftercare that is from picking at the peeling skin or from prematurely exposing it to the sun.

- Skin infections, if not treated appropriately, can lead to the formation of a scar.
- Cold sores appearing during the healing process may cause scarring. Those prone to cold sores will be advised about appropriate antibiotic cover. (NB. peeling will not be performed if you have cold sores on your face on the day of your appointment.)
- Uneven pigmentation may occur if your new skin is prematurely exposed to the sun. Such pigmentation usually responds quickly to application of a fading cream.
- **CONSENT TO UNDERGO LIGHT PEELING** - I have read and understood this document and have had sufficient opportunity for discussion and to ask questions. I hereby agree to undergo this peel treatment.

PATIENT'S SIGNATURE: _____ DATE: _____

WITNESS'S SIGNATURE: _____ DATE: _____