



## CONSENT TO VITALIZE PEEL® TREATMENT

The instructions provided in this informed consent should be followed by all patients receiving a Vitalize Peel treatment. You will be asked to sign this form acknowledging that you have read and understood all of the information presented.

**VITALIZE PEEL TREATMENT PURPOSE:** The Vitalize Peel is a superficial peel designed to improve the texture and appearance of your skin.

**PATIENTS WHO SHOULD NOT BE TREATED:** The Vitalize Peel treatment SHOULD NOT be used on patients with active cold sores or warts, skin with open wounds, sunburn, excessively sensitive skin, dermatitis or inflammatory rosacea in the area to be treated. Inform your medical professional if you have any history of herpes simplex. You should also not have a Vitalize Peel treatment if you have a history of allergies, rashes, or other skin reactions, or may be sensitive to any of the components of this treatment. Vitalize Peel should not be performed on patients with an allergy to salicylates (i.e., aspirin). This peel is also not recommended if you have taken Accutane within the past year, or received chemotherapy or radiation therapy. Vitalize Peel should not be administered to pregnant or breastfeeding (lactating) women.

**ONE WEEK BEFORE YOUR VITALIZE PEEL:** Avoid these products and/or procedures in area(s) treated:

- Electrolysis
- Waxing
- Depilatory Creams
- Laser Hair Removal
- 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 having Vitalize Peel
- Patients who have had BOTOX injections should wait until full effect of their treatment is seen before receiving Vitalize Peel

**TWO TO THREE DAYS BEFORE YOUR VITALIZE PEEL:** Avoid these products and/or procedures:

- Retin-A, Renova, Differin, Tazorac
- Any products containing Retinol, AHA or BHA, or benzyl peroxide
- Any exfoliating products that may be drying or irritating

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

**AFTER YOUR VITALIZE PEEL:** It is crucial to the health of your skin and the success of your peel that these guidelines be followed:

1. If Retinoic Acid is used as part of your treatment, your skin will have a light yellow tinge immediately after the procedure. This is temporary and will fade in 1 to 2 hours. SkinMedica recommends waiting until the evening to wash your face, however if you should choose to wash it sooner, please wait until after the yellow tinge completely disappears (1 to 2 hours).
2. It is imperative that you use a sunscreen with an SPF of at least 20 and avoid direct sunlight for at least 1 week.
3. Patients with hypersensitivity to the sun should take extra precautions to guard against exposure immediately following the procedure as they may be more sensitive following the peel.
4. Your skin may be more red than usual for 2 to 3 days. Please avoid strenuous exercise during this time.
5. Approximately 48 hours after the treatment, your skin will start to peel. This peeling will generally last 2 to 5 days. DO NOT PICK OR PULL THE SKIN.



6. Apply SkinMedica TNS Ceramide Treatment Cream, or light moisturizer recommended by your medical professional, as often as needed to relieve dryness and tightness.
7. You may resume the regular use of Retin-A, alpha-hydroxy acid (AHA) products or bleaching creams ONLY after the peeling process is complete.
8. Wait until the peeling is complete before having ANY OTHER FACIAL PROCEDURES, including:
  - Facials
  - Microdermabrasion
  - Laser treatments
  - Laser hair removal
  - BOTOX injections
  - Injectable fillers

**ADVERSE EXPERIENCES THAT MAY OCCUR AFTER YOUR VITALIZE PEEL:** It is common and expected that your skin will be red and possibly itchy and/or irritated. It is also possible that other adverse experiences (side effects) may occur. Although rare, the following adverse experiences have been reported by patients after having a Vitalize Peel: skin breakout or acne, rash, dark spots, swelling, and burning.

***\*Call the office immediately if you have any unexpected problems after the procedure.***

**LACK OF EFFECT:** Although most people experience peeling of their facial skin, not every patient notices that their skin peels after a Vitalize 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 Vitalize Peel, such as: stimulation of collagen production, improvement of skin tone and texture, and diminishment of fine lines and pigmentation.

There are a number of reasons why a patient may not have peeling or may experience minimum peeling. The reasons may include:

- Having peels regularly with a short interval between peels.
- Frequent use of Retin-A, AHA, or other peeling agents prior to the Vitalize Peel treatment
- Severe sun damage

Proper skin evaluation by your skin care professional prior to your peel is important and will help predict the outcome of your peel.

**Please read and initial the following:**

\_\_\_\_I understand that the Vitalize Peel treatment is not an exact science and the degree of improvement is variable.

\_\_\_\_I understand that occasionally there is no visible improvement and another form of treatment may be required.

\_\_\_\_I do not have any of the conditions described in the "Patients Who Should Not Be Treated" section.

By my signature below, I acknowledge that I have read this Vitalize Peel Informed Consent form and understand it. I have been given the opportunity to ask questions and my questions have been answered to my satisfaction. I have been adequately informed of the risks and benefits of this treatment and wish to proceed with the Vitalize Peel.

\_\_\_\_\_  
**Patient Signature**

\_\_\_\_\_  
**Print Name**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Witness Signature**

\_\_\_\_\_  
**Print Name**

\_\_\_\_\_  
**Date**

**For Office Staff: Please make a copy of completed and signed consent form. Place one copy in patient's file and give one copy to patient to take home.**