



CONSENT TO VITALIZE PEEL TREATMENT

VITALIZE PEEL TREATMENT PURPOSE: The Vitalize Peel is a very 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:

- 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.