

## PRE TREATMENT INSTRUCTIONS

In order to achieve the best results from your peel treatment we ask that you read and understand the following instructions. If you have any questions regarding these instructions please contact your Skin Specialist/Physician for clarification

*I, \_\_\_\_\_ agree to stop, discontinue or not have any of the following treatments.*

### FOR 1 WEEK PRIOR TO TREATMENT:

- Anti-wrinkle injections
- Prescription topical Retin A
- Home Needling

### FOR 2 WEEKS PRIOR TO TREATMENT:

- Waxing, bleaching or hair dying any areas to be treated
- Depilatory use in any treated area
- Electrolysis on any treatment area
- IPL/Laser Hair removal treatments
- IPL/Laser Skin Rejuvenation (Only prior to very superficial peels)
- Sun exposure to area to be treated
- Facial treatments of any kind including any AHA, BHA or Vitamin A treatments
- Microdermabrasion / Epidermal Levelling
- Dermal Fillers

### FOR 4 WEEKS PRIOR TO TREATMENT:

- IPL/Laser Skin Rejuvenation (Only prior to Superficial to Medium Depth peels)
- AHA, BHA, Vitamin A or TCA Superficial to Medium Depth Peels
- In clinic Needling

### FOR 3 – 6 MONTHS PRIOR TO TREATMENT:

- Medical Needling
- Fractional Ablative Laser Resurfacing
- TCA or Phenol Deep Peeling
- Facelift Surgery

### FOR 6 - 12 MONTHS PRIOR TO TREATMENT:

- Isotretinoin (Roaccutane)
- Full Ablative Laser Resurfacing

### *I also understand and agree to:*

- Notify the clinic immediately if I stop or interrupt the prep procedure, as my appointment or type of peel may need to be changed or rescheduled.
- A test patch prior to treatment for Salicylic Acid and selected Vitamin A peels or where there is the possibility of an allergy in order to reduce the risk of adverse response,
- Notify my Skin Specialist immediately if there is any change to my health, including the introduction of any new medications (topical or oral) or oral supplements as they may cause increased sensitivity to my peel treatment

CLIENT / PATIENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_