

Informed Consent for VI Peel with Precision Plus

The VI Peel with Precision Plus is a superficial peel to improve the health and appearance of the skin of the face, neck and other parts of the body. The solution is a blend of 5 different acids commonly used for peels and for skin rejuvenation. These are Phenolic Acid, TCA (TrichloroAceticAcid), Salicylic Acid, Vitamin C (Ascorbic Acid) and Vitamin A (Retanoic Acid). The peel also contains several ingredients specifically for pigment reduction. The concentrations of these acids are on the low side to avoid deep penetration into the dermis and therefore this peel can be used on all skin types. A Chemical Peel should be considered more aggressive than a Microdermabrasion which only removes the dead outer layer of the skin. A chemical peel will penetrate into some of the living layers of the epidermis. Some results of a chemical peel could be achieved by long term use of products but a peel will speed up resolution of most skin problems. This peel is much safer than medium depth or deep chemical peels which we do not do at Inside Outside.

A skin peel is not a “cure all” treatment, but for appropriate conditions, it can give you marked improvement. You may need several peels to achieve the results you want as well as a long term comprehensive skin care program with products to complement the peel and maintain your results.

 I understand that the degree of improvement I can expect depends on many variables and therefore cannot be guaranteed. Additionally, I understand that strict adherence to the Post Peel Instructions is necessary to ensure my best results.

 I understand that Dr. Christian has the right to discontinue my treatment at any stage if he or she thinks that I am not following instructions, or if he believes that no further improvement is possible.

 I consent to have photographs taken before, during, and after my treatment. These will be used for documenting my progress and educating future patients. My name will not be used.

The benefits of a Superficial VI Peel are:

Smoother Texture, Evening of Skin Tone and Clarity of the skin
Reduction in pigmentation in the Epidermis (outer layer of skin)
Improvement in Acne, decreased pore size, softening of scars
Stimulate collagen formation, improve fine lines

The possible complications of a VI Peel are:

Post Peel Hyperpigmentation

In clients with darker skin types (Types IV, V and VI), the peel can stimulate some of the pigment cells which creates skin color and lead to what is called Post Inflammatory Pigmentation. This is most often temporary and responds well to bleaching agents and using sun protection. Birth control pills can also increase the sensitivity of your skin pigment to darken. This is also more likely to happen if you pick at and peel off the dead skin before it is ready to come off.

Scarring

If the dead skin is forcefully removed before it is ready to come off you may create a situation where some scarring and Hypopigmentation may occur. This is rare with a superficial peel. Don't pick at the dead skin and peel it off.

Activation of Herpes Infection

If you have a history of recurrent herpes we may have treated you with an antiviral agent. This decreases but does not avoid altogether the chance of a herpes outbreak.

Persistent Redness and Sensitivity

The skin will be a little red and sensitive until a new layer of dead skin has regrown.

Infection

Infection is rare with a superficial peel. Deeper peels create a deeper injury which may lead to infection.

___ I understand the above and have had all my questions answered. I hereby give my informed consent for a VI Peel by Dr. Charles B. Christian, Jr. or his designated aesthetician.

___ I have been given a copy of Post Peel Instructions and agree to follow them. Variations from these instructions may affect the results of the peel and the development of complications.

Patient Signature

Date

Post VI Peel Instructions

Post Procedure Expectations:

First Night Expect a little redness some slight itching and stinging (Moisturize and Hydrocortisone 1%)

Expect the skin to be sensitive to hot water, wind, the Sun and heat (Sun Protection)

Days 1 Expect the skin to be like a mild sunburn or tan. It will seem like you have a thin shiny layer of dried egg white or superglue on your face.

Days 2 or 3 Expect the skin to begin to peel and flake.

Days 4, 5, 6, 7 Shedding continues.

Day 7 Most shedding will be over and the new skin revealed is very fresh and tender. You can start back your products and skin care regimen but expect a little stinging until you have again built up a thin protective layer of dead skin.

Post Procedure Instructions:

Follow VI Peel Protocol regarding the Hydroquinone/Kojic Acid and Retin A/Vitamin C Towlettes, Sunscreen & Moisturizer which come with your kit.

Do not pick at or peel off the dead skin. Let it come off on its own. When you wash your face, do not scrub it to force off the dead skin. Wash and dry gently and apply the moisturizer, followed by sunscreen and makeup.

Important: Removing the skin before it is ready to come off may lead to a raw surface and may lead to pigmentation changes or scarring.

Don't use any of your other skin care products such as the CE Ferrulic, Phloretin, Intense Line Defense, Retin A (Vitamin A), acne products or your Clarisonic Skin Care Brush until you have finished shedding your dead skin.

Hot water, wind, exercise/sweating will cause some stinging and itching so avoid these.

If stinging or itching is a problem mix a small amount of over the counter 1% Hydrocortisone cream with your moisturizer.