

## ADVANCED ESTHETIC TREATMENTS

**Including but not limited to:** Chemical Peels, Microdermabrasion & Hydrodermabrasion  
Radio Frequency, Ultrasound, LED Light Therapy.

### Possible Medical Contraindications

Pregnant / Breastfeeding  
Herpes Zoster/Shingles  
Broken Capillaries  
Inflammation  
Accutane/ Isotretinoin  
Retinoids/Retinols  
Prescription medications  
Hypopigmentation & Hyperpigmentation  
Facial Waxing w/in the last 24 hours  
Facial Shaving w/in the last 4 hours  
Bacterial Infection

Extreme skin sensitivity  
Allergies  
Prone to scarring  
Facial burns, open cuts  
Aspirin Allergy  
Heart Conditions  
Facial Psoriasis/Eczema  
Botox/Filler  
Topical or Internal antibiotics.  
Other circumstances requiring you to be  
under consistent physician care.

### Pre Care Instructions for ALL Advanced Esthetic Services

If you have any of these medical contraindications, please notify your esthetician immediately prior to your service so we can discuss adjustments.

Do not use any form of RETINOID, RETINOL, AHA/BHA's at least 72 hours prior.

Do not receive any form of Botox/Filler at least 2 weeks prior.

Do not come to your appointment sunburnt.

### Chemical Peels -

Possible side effects including but are not limited to:

- Mild to moderate discomfort or pain (you may take a Tylenol/Advil as long as there are no allergies to these types of medications)
- Acne or Milia breakout (very common as a form of "PURGING")
- Slight redness or swelling
- Itching or irritation
- Sun sensitivity
- Skin sensitivity

- Pigment changes (this is rare, but may happen. We suggest purchasing a Tyronaise Inhibitor from us)
- Scarring (rare, but depending on how healthy your skin and body's immune system is.. you may experience temporary or permanent scarring).
- Allergic reaction
- Herpes outbreak (if you currently have the virus, if this happens - please consult your doctor)
- Skin peeling or flaking up to 14 days after the procedure.

Physical peeling may take anywhere from 3-14 days on average or longer depending on internal and external factors. It is also possible to not peel at all. If this occurs, you will still benefit from the treatment because the skin has exfoliated microscopically.

### **Post Care Instructions**

To obtain maximum benefits from your treatment, it is crucial that you understand and adhere to these instructions. Failure to comply with these instructions may affect your treatment outcome and increase the likelihood or severity of complications.

Depending on your individual needs, additional post-care treatment instructions may be given to you by your esthetician.

You may GENTLY apply a cold compress to the treated area(s) as needed for any burning or irritation associated with your treatment.

Avoid lifting the skin prematurely (peeling it yourself), as this can cause scarring. If there are large pieces of dead skin "hanging," cut it using clean scissors.

Do NOT use any acidic products such as retinoids or tretinoin, acne medication products such as Retin-A, Tazorac, Renova, Differin, the antibiotic Doxycycline, AHAs (lactic, glycolic, tartaric, etc.), BHAs (salicylic), benzoyl peroxide, vitamin C products, lightening agents such as hydroquinone or any exfoliative products including loofahs or coarse sponges to your skin for 72 hours after your chemical peel, or more if you notice your skin becomes sensitive to application.

Do NOT engage in strenuous exercise for 48-72 hours after treatment because it may exacerbate the inflammatory and can cause your skin to become extremely inflamed.

Do NOT schedule a facial or cosmetic service such as laser resurfacing, or IPL on a treated area(s) for 2 weeks after your treatment.

Do NOT get your hair dyed until a week after you have finished peeling, if your treatment was performed on the face or neck.

## **How to Care for your Skin Post-Peel**

Cleanse Gently: Your skin will be fragile for the next several days. Cleanse your skin with COOL water using only your fingertips – no washcloths, loofahs, buff puffs, sponges, Clarisonic, etc. We recommend using a Gentle Cleanser, such as La Roche Posay, Cetaphil, CeraVe, or anything that may be recommended by your esthetician, depending on your specific needs.

Moisturize Often: For our stronger peels, you may use petroleum jelly (Vaseline) for the first few days or as needed. When you start to peel, use a non-comedogenic dermatologist approved moisturizer such as La Roche Posay, Cetaphil, or CeraVe. This will promote the healing process by locking in moisture and reducing the chance of a bacterial infection, redness, and irritation. Use these products several times per day or as needed. Topical hydrocortisone may be recommended, depending on your specific needs.

Protect Your Skin: Remember to avoid excessive heat on the treated area and direct sun exposure for 2 weeks after treatment. If you need to be outdoors, make sure to use an umbrella or wear a large-brimmed hat, a pair of sunglasses, and use a physical sunblock. We sell an amazing Titanium Zinc (20%) Dioxide from TiZo.

You may and should resume your normal skincare routine after your skin has “hardened” and is no longer “raw.” This is usually around day 5-7. It may be sooner for some people, and may be later for others. Once your skin feels “tough,” like leather, please start exfoliating (chemically or physically). If you need professional recommendations, we have POST-CARE KITS to purchase!

## **Other Advanced Esthetic Services :**

**Microdermabrasion, Hydrodermabrasion, LED Light Therapy, Radio Frequency, and Ultrasound.**

### **Pre Care Instructions**

Do not use any form of RETINOID, RETINOL, AHA/BHA's at least 48 hours prior.

Do not receive any form of Botox/Filler at least 2 weeks prior.

Do not come to your appointment sunburnt.

### **Post Care Instructions**

Stay out of the sun, and no sweating for at least 48 hours.

Use a very gentle cleanser and moisturizer for the next 24-48 hours.

Use sunscreen daily

**Do not book another treatment that includes these services (unless approved by your esthetician/doctor) for at least 72 hours.**

## **CONSENT for ALL Advanced Esthetic Services**

I am over the age of eighteen(18). I am not presently pregnant or lactating. I have read the information above and I understand and acknowledge that there are risks involved with the treatment. If I have any questions or concerns, I will address these with my esthetician immediately. I give permission to my esthetician to perform this advanced esthetic treatment, and have discussed and understand my responsibility (pre-post care instructions) and will follow these instructions to the best of my ability. I will hold the company and esthetician harmless from any liability that may result from this treatment or my failure to disclose medical information or follow instructions. I understand my esthetician will take every precaution to minimize or eliminate negative reactions as much as possible, however, I do understand that, very rarely, permanent damage occurs. I have given an accurate account of my medical history and currently have none of the listed medical contraindications. My expectations are realistic and I understand that the results are not guaranteed and that for maximum results, more than one application may be required at an additional cost. I agree that this constitutes full disclosure. I acknowledge this in the submitted Client Consent Form signed prior to my treatment.