

## **ADVANCED ESTHETIC TREATMENTS**

**Including but not limited to:** Chemical Peels, Microdermabrasion & Hydrodermabrasion  
Micro-current & EMS (Electrical Muscle Stimulation)

### **Possible Medical Contraindications**

Pregnant / Breastfeeding	Extreme skin sensitivity
Herpes Zoster/Shingles	Allergies
Broken Capillaries	Prone to scarring
Inflammation	Facial burns, open cuts
Accutane/ Isotretinoin	Aspirin Allergy
Retinoids/Retinols	Heart Conditions
Prescription medications	Facial Psoriasis/Eczema
Hypopigmentation & Hyperpigmentation	Botox/Filler
Facial Waxing w/in the last 24 hours	Topical or Internal antibiotics.
Facial Shaving w/in the last 4 hours	Other circumstances requiring you to be
Bacterial Infection	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 2 weeks 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
- Acne or milia breakout
- Slight redness or swelling
- Itching or irritation
- Sun sensitivity
- Skin sensitivity

- Pigment changes
- Scarring
- Allergic reaction
- Bacterial infection
- Herpes outbreak (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. The first areas to peel are usually around the nose and mouth, but can begin anywhere. Most people begin peeling on the 3rd or 4th day after treatment. 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.

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 2 weeks after your chemical peel, or more if you notice your skin becomes sensitive to application.

Do NOT engage in strenuous exercise for 2-3 days after treatment because it may exacerbate the inflammatory and can cause your skin to become extremely inflamed.

Sweating excessively after treatment can irritate the skin or cause blistering due to the sweat being unable to escape through the top layer of dead skin. Try to avoid sweating until after you have stopped peeling.

Do NOT tweeze, pick, rub, exfoliate, wax, use a depilatory, undergo electrolysis, or 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 5-7 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 Dove Unscented Bar Soap for Sensitive Skin, Aveeno, Cetaphil, CeraVe, or 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 Aveeno, Cetaphil, or CeraVe, until the skin feels back to normal. 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 (containing zinc oxide and titanium dioxide). Apply 30 minutes before exposure and reapply often (about every 2 hours) when exposed to the sun.

## **Other Advanced Esthetic Services :**

**Microdermabrasion, Hydrodermabrasion, Microcurrent, EMS**

### **Pre Care Instructions**

Do not use any form of RETINOID, RETINOL, AHA/BHA's at least 7 days 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

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

I am over the age of eighteen(18). I am not presently pregnant or lactating and. 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.