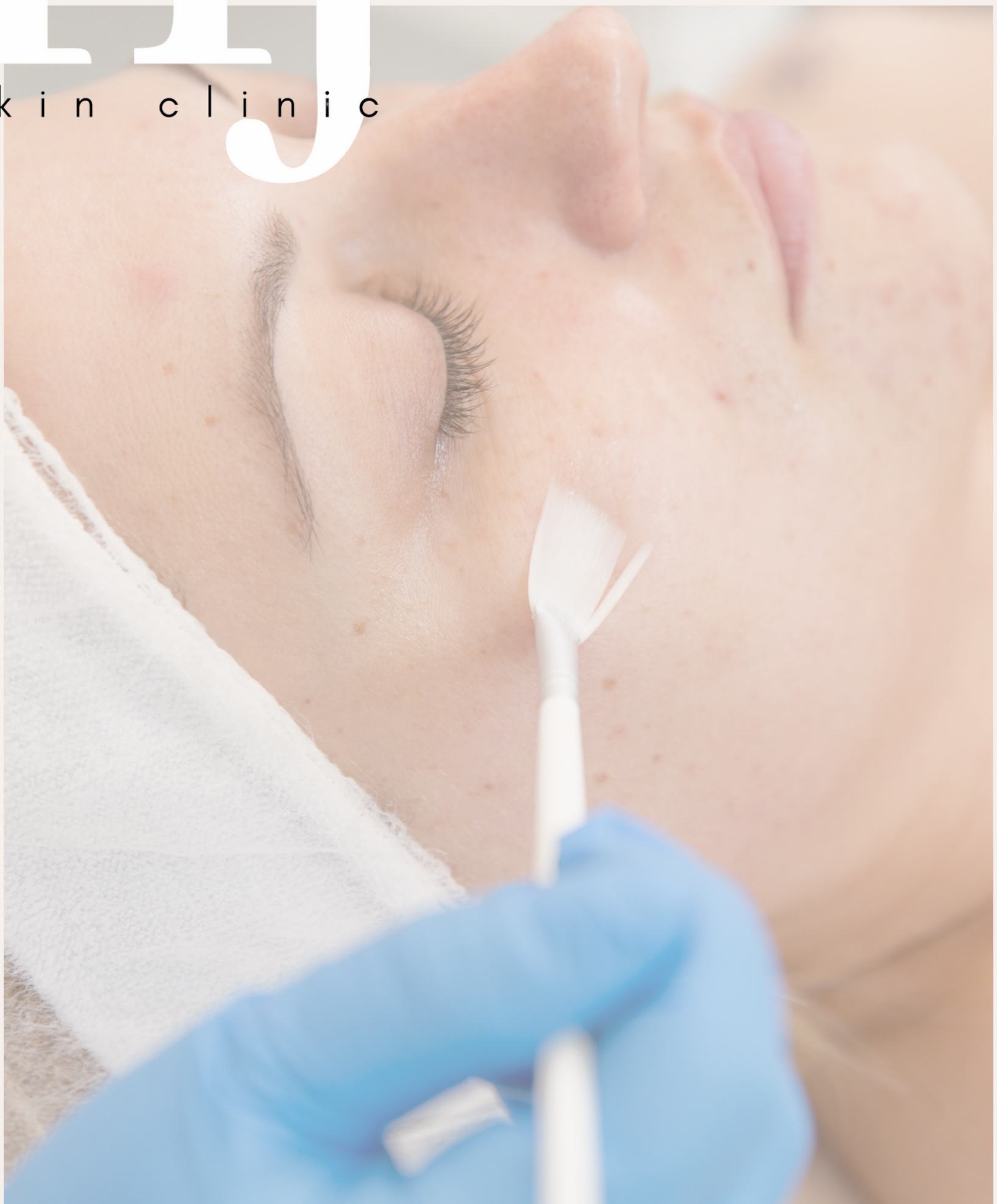


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CHEMICAL PEEL
PRE, POST &
CONSENT

www.hattyjanebeautyandskinclinic.com

Epiderma5 Peels are professional-grade exfoliating acids that help resurface and re-texture the skin. They use a powerful blend of ingredients to penetrate the skin and visibly reduce the appearance of blemishes, fine lines, acne scars, dark spots and hyperpigmentation.

LED Therapy is a popular non invasive skin treatment for acne, sun damage, wounds, and other skin problems. The treatment uses varying wavelengths of light to trigger the skin's natural healing processes to repair the skin. Several treatments are necessary to see results.

LED is safe, non-thermal, nontoxic and non-invasive, and to date no side effects have been reported in published literature. In the 20 years that LED has been used in the medical and beauty industry, there have been no reported incidents of adverse reactions or damage caused by LED therapy.

PRE CARE

- Do not use active topicals that may increase the sensitivity of your skin such as retinoids or exfoliants unless otherwise recommended, topical antibiotics or acids 3 days prior to your treatment.
 - Avoid ANY other facial treatment at least 7 days prior to your treatment.
 - Avoid extensive sun exposure / the use of tanning beds at least 7 days prior to your treatment. (We obviously advise that you stop using tanning beds altogether because they increase your risk of skin cancer and accelerate visible signs of aging).
 - Likewise, avoid Hair Removal at least 7 days prior to your treatment.
- In addition, please make sure you are not wearing makeup on the day of your appointment.

What To Expect:

- Straight after your appointment your skin may feel a little tingly and sensitive but usually nothing more.
- As you get to day 3, dryness / tightness / flaking / shedding is to be expected.
But it is also not uncommon to experience none of this.
- You may experience mild to moderate shedding/flaking depending on the number of layers applied and depth of the medical peel.
 - You may develop small whiteheads. Please note that this is not a breakout as such, this is a normal part of the active process and they will usually clear on their own over the next few days.
 - If you have a lighter skin complexion, you may notice mild redness after a medical peel and usually some sensitivity too.
 - If you have a darker skin complexion suffering with Hyperpigmentation, you may notice that your pigmented areas seem darker at first, but they will start to lighten over the next week or 2. (*Providing you have followed the correct pre care instructions!*).

Aftercare:

- Don't pick at any flaky skin.
- Your skin is naturally turning over after your peel and picking may create soreness and even scarring. Don't use any harsh exfoliants (AHA/ BHA cleansers / toners) or physical (grainy scrubs) for at least 3 days post-peel. Don't spend extended periods of time in direct sunlight. Always wear a broad spectrum sunscreen to protect your skin (minimum 30).
- Stick to the aftercare regime recommended by your trained therapist. This will ensure that your skin recovers and rejuvenates as quickly as possible post-peel.
- Do not wash your face or apply any skincare products for 12 hours
 - To minimize dryness, skip out on any 'active' products for 3 days after.
(*Retinols + Acids*)
 - Do not apply makeup for 12-24 hours.
Once 24 hours has passed and you wish to wear makeup, please ensure your brushes are clean and sanitised
- Avoid exercise / sweating for 24 hours
 - Avoid swimming, saunas and spa environments for 72 hours
 - Sleep on a clean pillowcase at night. Preferably Silk / Satin (Like this).
 - Golden Rule: Make sure that you are also avoiding direct sun exposure. Especially tanning beds.
(*Preferably forever! But if you must, please wait 14 days*)
 - Make sure to keep your skin well hydrated with a protective moisturiser. Apply it twice daily or more often if needed to reduce the appearance of flaking.
 - Drink LOTS of water!
 - Do not use scrubs, loofahs, exfoliating sponges or other means of mechanical exfoliation on your face for 7 days.

CONSENT

Contraindications:

1. Nut Allergy (Due to Mandelic Acid content)
2. History of abnormal scarring, keloids, atrophic skin
3. Allergies to chemical ingredients
4. Pregnancy or Lactation
5. Acute and Chronic Infections
6. Active inflamed Rosacea, acne, psoriasis
7. Pre existing inflammatory dermatoses (eg, psoriasis, eczema, atopic dermatitis, pemphigus)
8. Skin diseases (i.e. SLE, porphyria, allergies)
9. Cancer
10. Chemotherapy treatments
11. Severe metabolic and systemic disorders
12. Herpes Simplex (cold sores or fever blisters)
An anti-viral medication may be necessary prior to treatment
13. Dermatitis
14. Open skin lesions
15. Uncontrolled diabetes
16. Extensive sun or tanning 7 days prior and 7 days post treatment
17. Isotretinoin / Roaccutane use in the past 6 months to 1 year
18. Prescription topical retinol products in the past 14 days
19. Waxing of area to be treated in the past 7 days
20. Skin must be healthy and intact, Not sunburnt or overly sensitive
21. An allergy to aspirin
22. Active Infections (skin)
23. Allergy/Hypersensitivity to certain skincare ingredients / topicals
24. Blood thinning medication
25. Light Sensitive Medication
26. Antibiotics (which can make you light sensitive)
27. Epilepsy / Seizures triggered by light
28. Photosensitive disorder
29. Anti arthritic medication such as Ridaura, Gold 50.

I am aware of the following risks/complications that may occur:

1. Slight redness / flushed skin
2. Sun sensitivity
3. Skin sensitivity
4. Pigment changes
5. Breakouts
6. Irritation / Dryness
7. Allergic reaction
8. Bacterial infection
9. Peeling/shedding/flaking

I understand that the treatment may involve risks of complication or injury from both known and unknown causes, and I freely assume those risks. Prior to receiving treatment, I have been candid in revealing any condition that may have a bearing on this procedure