



CONSENT FOR TREATMENT

Chemical Peel Procedure

PURPOSE AND BACKGROUND

As a patient of Nourished MedSpa and Wellness Center, I have requested administration of a chemical peel, which is used to treat wrinkles, age spots, scarring, acne scarring, dyspigmentation, and other skin conditions. The procedure may require multiple sequential treatments.

PROCEDURE

Various strength acids are utilized in exfoliating skin layers to reduce wrinkles and improve the quality of the skin. Ultimately, the amount, kind and strength of acid is a decision that is to be made between the esthetician and myself depending on multiple factors including my skin type, condition and my concerns.

The PRX treatment is a chemical peel that combines hydrogen peroxide (H₂O₂) and a high concentration of trichloroacetic acid (TCA) for immediate and long-term improvements to the look of skin without invasive measures, peeling or downtime.

RISKS AND COMPLICATIONS

1. There is a risk of scarring with this procedure at any time during the healing process. The scarring may be discolored and may be permanent. Ultimately, risks of complications may be impacted by the condition of my skin prior to treatment and by how effective and comprehensive my skin pretreatment has been.
2. You may experience some pinpoint bleeding which will probably stop within a few minutes without any lasting effect. The bleeding may not reach the upper level of the skin and may result in a dark reddening of the skin. The red color will darken to purple and purple-yellow and will disappear in one to two weeks. You may continue to have some oozing and bleeding for 1-3 days after the procedure.
3. The chemical peel may result in blister formation. The blisters should go away within two to four days. Scarring or skin discoloration may result from any blister formation.
4. A scab may be present after a blister forms. The scabbing will disappear during the natural wound healing process of the skin. Scarring or discoloration may result from any scab formation. In the event of persistent inflammation, there is a risk of hyperpigmentation.
5. An infection of the wound is always possible. Any blistering or bleeding must be dressed with an antibiotic ointment and covered. Any infection could last seven to ten days and could lead to scarring or skin discoloration.
6. Eye irritation or burn due to unintentional contact.
7. It is very possible that this procedure may fail to achieve your desired results. Strict adherence to the pre-op and post-op instructions is essential. You may need to repeat your treatments to achieve the desired results.

BENEFITS

Chemical peels have been shown to be safe and effective in treating wrinkles, age spots, scarring, acne scarring, dyspigmentation, and other skin conditions.

ALTERNATIVES

This is strictly a voluntary cosmetic procedure. No treatment is necessary or required. Other alternative treatments which vary in sensitivity, effect and duration include: dermaplaning, microdermabrasion, ablative laser resurfacing, or doing nothing.

QUESTIONS

This procedure has been explained to me by the staff of Nourished MedSpa and Wellness Center. I have had an opportunity to ask any questions and research the procedure to my satisfaction.

CONSENT

I understand that my consent and authorization for this procedure is strictly voluntary. I have already read and signed the Clinic's general consent and understand that it is still in effect. By signing this informed consent form, I hereby grant authority to Nourished MedSpa and Wellness Center and Dr. Jason Carter, MD (or other delegated medical providers for Nourished MedSpa and Wellness Center) to perform Chemical Peel and/or administer any related treatment as may be deemed necessary or advisable in the diagnosis and treatment of my condition. For purposes of advancing medical education, I consent to the admittance of observers to the treatment room.

The nature and purpose of this procedure and the complications and side effects have been fully explained to me. Alternative treatments and their risks and benefits have been explained to me and I understand that I have the right to refuse treatment. I agree to adhere to all safety precautions and instructions after the treatment. I have been instructed in and understand post treatment instructions and have been given a written copy of them. I understand that no refunds will be given for treatments received. No guarantee has been given or implied by anyone as to the results that may be obtained from this treatment.

I have read this informed consent and certify that I understand its contents in full. All of my questions have been answered to my satisfaction and I consent to the terms of this agreement. I have had enough time to consider the information given me by my physician/practitioner and feel that I am sufficiently advised to consent to this procedure. I accept the risks and complications of the procedure. I certify that if I have any changes occur in my medical history I will notify Nourished MedSpa and Wellness Center immediately.

I hereby voluntarily consent to this procedure and release Nourished MedSpa and Wellness Center, medical staff, and all associated professionals from liability associated with the procedure. I certify that I am a competent adult of at least 18 years of age and am not under the influence of alcohol or drugs. This consent form is freely and voluntarily executed and shall be binding upon my spouse, relatives, legal representatives, heirs, administrators, successors and assigns.

Patient Name (please print)	Patient Signature	Date
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Performed by (please print name and title)	Practitioner Signature	Date
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PRE-TREATMENT INSTRUCTIONS

Chemical Peel

For best results, it is advised to avoid sun exposure and the following products & procedures at least 1-week prior your treatment:

- Electrolysis
- Waxing
- Depilatory creams
- Laser hair removal
- Any exfoliating products
- Any products that may be drying or irritating, including products containing salicylic acid, alpha hydroxy acids, vitamin C, hydroquinone, retinoids, and prescription medications.
- Shaving of the area to be treated

It is advised to avoid any exfoliating products (such as glycolic, lactic, salicylic acids) and retinol (Vitamin A) products on your skin for one week prior to treatment and until healing is complete. Similarly, avoid shaving or waxing the area for a few days prior to treatment. The procedure should not be performed alongside any other exfoliating treatments including other skin peels or microdermabrasion without the agreement of your treating practitioner. The treatment should not be performed on irritated or sunburnt skin and it is recommended to avoid tanning and sunbeds for at least 2 weeks.

Please contact our office at 903-357-5108 with any questions or concerns.



POST-TREATMENT INSTRUCTIONS

Chemical Peel

Following treatment, there may be some transient heat, redness, swelling, tenderness. The treated area may peel which may last for up to seven days. It is essential to use the correct aftercare products as prescribed to aid any the effects of the procedure.

Dos and Don'ts

- Avoid applying make-up to the treated area for 24 hours
- Avoid other cosmetic, beauty or dental treatments for at least a week
- Use a high SPF sun-protection after treatment
- Avoid extremes of hot or cold which may induce sweating
- Use the prescribed aftercare products as directed
- Contact the clinic as soon as possible if you have any concern

General guidelines

- An SPF of at least 30 must be applied several times per day for a minimum of 6 months post peel. It is highly advisable to wear it daily indefinitely.
- Stay cool! Heating internally can cause hyperpigmentation. Do not direct a hair dryer onto the treated area.
- Do not put treated area directly into a hot shower spray, do not use hot tubs, steam rooms or saunas.
- Do not go swimming.
- Do not participate in activities that would cause excessive perspiration.
- Do not use loofahs or other means of exfoliation.
- Do not pick or pull on any loosening skin. This could potentially cause hyperpigmentation.

Do not have any other facial treatment for at least one week after your peel. You may resume the regular use of retinoids, alpha-hydroxy acid, beta hydroxy acid, vitamin c or bleaching creams ONLY after peeling process is complete.

Please contact our office at 903-357-5108 with any questions or concerns. If you have an emergency or urgent pressing clinical issue, call Dr. Carter at 903-818-3467. Texting is the best way to reach Dr. Carter.

Please make an appointment for follow-up and reassessment in 4 weeks.

Patient Name (please print)

Patient Signature

Date