

new patient procedure checklist

Patient Name: _____ Date: _____

Clinician Comments

Discuss Peel Treatments with Patient:

- Patient Profile** form
- expectations
- possible reactions
- mandatory sunscreen use
- have patient sign the **Consent Form** and give them a copy

Analyze the Skin:

- visually
- UV light devices (Wood's Lamp, Visia®, Skin Scanner)
- magnifying lamp
- take "before" pictures/use **Face Diagram** when a camera or UV light device is not available

Daily Care Regimen:

- trial-size solutions
- customized regimen with instructions
- patient brochure
- Preparation for a Peel Treatment** instructions

Peel Appointment:

- date of first treatment
- Post-Procedure Skin Treatment Tips**
- Post-Procedure Daily Care Regimen**

What is your daily care regimen? _____

What are the cosmetic improvements you would like to see in your skin? _____

Treatment recommendation: _____

Patch Test Date: _____ Solution: _____ Test Area: _____ Result: _____

preparation for a peel treatment

You will be having a light peel treatment on the day of your appointment. Please follow the outline below to prepare.

- Use of PCA SKIN® daily care products prior to your peel will prepare the skin, allow for better treatment results and reduce the risk of complications. This is recommended but not mandatory. Please consult your physician or skin care clinician for appropriate recommendations for your skin type and condition.

It is recommended that you take the following into consideration:

- For best results and to reduce the risk of complications, it is recommended that you use PCA SKIN daily care products 10 to 14 days prior to treatment.
- If you are lactating, pregnant or may be pregnant, only an **Oxygenating Trio®**, **Detox Gel Deep Pore Treatment** or **Hydrate: Therapeutic Oat Milk Mask** is appropriate. Consult your OB/GYN before receiving any treatment.
- Do not go to a tanning bed two weeks prior to treatment. This practice should be discontinued due to the increased risk of skin cancer and signs of aging.
- It is recommended that extended sun exposure be avoided, especially in the 10 days prior to treatment.
- It is recommended to delay use of tretinoin, Retin-A®, Renova®, Differin®, Tazorac®, Avage®, EpiDuo®, Ziana® and high-percentage AHA and BHA products for approximately five days prior to treatment. Consult your physician before temporarily discontinuing use of any prescription medications.

PCA SKIN superficial peels result in little to no downtime but create dramatic and visible results. Treatments may cause slight redness, tightness, peeling, flaking or temporary dryness. Most patients find it unnecessary to apply makeup, as the skin will be smooth, dewy and radiant following your treatment. If you would like to apply makeup, allow approximately 15 minutes for the pH of the skin to stabilize before applying foundation.

post-procedure skin treatment tips

For two days post-procedure:

- Stay cool! Heating internally can cause hyperpigmentation.
- Do not put the 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 mechanical exfoliation.
- Do not direct a hair dryer onto the treated area.
- Do not apply ice or ice water to the treated area.

General guidelines:

- After receiving a PCA SKIN® professional treatment, you should not necessarily expect to “peel”. However, light flaking in a few localized areas for several days is typical. Most patients who undergo these treatments have residual redness for approximately one to 12 hours post-procedure.
- As with all peels and treatments, it is recommended that makeup not be applied the day of treatment, as it is ideal to allow the skin to stabilize and rest overnight; however, makeup may be applied 15 minutes after the treatment if desired.
- To minimize side effects and maximize results use **The Post-Procedure Solution** for three to five days or until flaking has resolved.
- If the skin feels tight, apply **ReBalance** for normal to oily skin types or **Silkcoat® Balm** for drier skin types to moisturize as needed. For maximum hydration, you can apply **Hydrating Serum** under **ReBalance** or **Silkcoat® Balm**.
- Moisturizer should be applied at least twice a day, but can be applied more frequently for hydration and to decrease the appearance of flaking.
- It is recommended that other topical, over-the-counter medications or alpha hydroxy acid products not be applied to the skin seven days post-procedure, as they may cause irritation.
- It is recommended to delay use of tretinoin, Retin-A®, Differin®, Renova®, Tazorac®, Avage®, EpiDuo® or Ziana® five days post-procedure. Consult your physician before temporarily discontinuing use of any prescription medications.
- Avoid direct sun exposure and excessive heat. Use **Weightless Protection Broad Spectrum SPF 45, Perfecting Protection Broad Spectrum SPF 30, Protecting Hydrator Broad Spectrum SPF 30** or **Hydrator Plus Broad Spectrum SPF 30** for broad spectrum UV protection.
- Do not go to a tanning bed for at least two weeks post-procedure. This practice should be discontinued due to the increased risk of skin cancer and signs of aging.
- Do not pick or pull on any loosening or peeling skin. This could potentially cause hyperpigmentation.
- Do not have electrolysis, facial waxing or use depilatories for approximately five days.

Do not have another treatment until your clinician advises you to do so.

