

YOLO aesthetic boutique & med spa  
1010 Village Walk Guilford, CT 06437

Microdermabrasion/Chemical Peel/Dermaplaning consent form

I understand that the treatment(s) to be given is a skin rejuvenation treatment and I may need several administrations of the treatment in order to achieve best results. I have been informed of alternative treatments, which include laser peels or no treatment at all.

I understand that any one of the following complications can occur through administration of the treatment:

- DISCOMFORT: This is usually minimal and of short duration.  
SWELLING: Rarely occurs and usually is minimal and subsides within a few hours or days.  
REDDENING: A red discoloration may persist from a few hours to a few days (Very rarely longer).  
DEMARCATIION: Refers to the difference in color, texture or pigmentation that may occur at the junction between treated and non - treated areas.  
BLEMISHES: Underlying moles, blood vessels, freckles and sunspots may become more obvious and darker after peeling, since layers of dead skin have been removed.  
EYE INJURY: If chemicals or abrasives get into the eye, scarring and vision disturbances may occur. Eye protection should be worn when chemicals or abrasives are being used.  
CRUSTING / SCABBING: On rare occasions, a superficial crusting may occur — this is usually very mild and localized, but can also be seen over larger areas.  
PIGMENTATION: Although extremely rare, temporary and possibly permanent changes in color of skin may occur.  
MILIA: Whiteheads or acne may occur but will usually disappear quickly.  
INFECTION: Infection is extremely unlikely, but may occur. An outbreak of fever blisters may occur in affected individuals. Please inform staff if you have a history of this.  
SCARRING: This is very unusual, but may occur.

GENERAL:

I have received an instruction sheet as how to care for my skin following this procedure and agree to abide by it. I understand that proper sun protection including, but not limited to, the consistent use of broad spectrum UVA-UVB sun block with SPF 20 or greater is vital to proper aftercare and the reduction of risks of undesired side effects.

I have discontinued the use of:

1. Collagen injections, waxing, electrolysis, and depilatories during the treatment period and for seven days after their conclusion \_\_\_\_\_ initials
2. Accutane four weeks prior to the treatments and during the treatment period \_\_\_\_\_ initials
3. Retinol and AHA for three days prior to the treatment and will not use for three days after the treatment \_\_\_\_\_ initials

Should one or more of the foregoing problems arise, please call Yolo aesthetic boutique & med spa immediately. Early detection and treatment may minimize future complications.

The treatment was explained to me in detailed and I request that the procedure be performed on me by a staff member/Aesthetician at Yolo aesthetic boutique & med spa. I understand that this consent form is good for the duration of my microdermabrasion/chemical peel/dermaplaning treatment(s) and will notify staff of any changes in my medical history. \_\_\_\_\_ initials

Date \_\_\_\_\_

Client name \_\_\_\_\_ DOB \_\_\_\_\_

Signature: \_\_\_\_\_

Guardian Signature: (if under 18) \_\_\_\_\_

Staff Signature: \_\_\_\_\_

## Microdermabrasion/Chemical Peel/Dermaplaning Pre-post instructions

### PRE-PROCEDURE INSTRUCTIONS:

- Contact lenses cannot be worn during the above procedures. Please remove prior to your appointment.
- If you are prone to cold sores, you will need to contact your physician for antiviral medication to avoid a post treatment breakout. It is recommended you begin prophylaxis two (2) days prior to treatment and continue for five (5) days post treatment.
- Discontinue use of over the counter Retinol, Glycolic and other Alpha Hydroxy Acids, Salicylic or Beta Hydroxy Acids, or other exfoliation products three (3) days prior to treatment.
- Discontinue use of prescription Retinoid products (Retin-A, Renova, Tretinoin, Avita, Alustra or other brands of Tretinoin), other prescription Retinoid products (Adapalene, Avage, Differin, Tazorac, Tazarotene) 30 days prior to treatment.
- No waxing, electrolysis, other hair removal products or methods within seven (7) days prior to treatment.
- No Botox, collagen, or other dermal filler injections within 14 days prior to treatment.
- Follow all pre-procedure home care product recommendations as instructed by your Technician. Optimal results are achieved by following a home care regimen that will enhance the microdermabrasion process.

### POST-PROCEDURE INSTRUCTIONS:

Immediately post procedure you may be red. A slight rosy glow, much like sunburn, may appear for approximately 24-48 hours. Your skin will feel “wind-burned” and will also be more vulnerable. The risk of getting sunburned following a treatment increases dramatically.

- You may resume your daily activities or return to work immediately. You should refrain from wearing make-up for up to 12 hours. Old cosmetics and dirty brushes may increase the likelihood of infection.
- Sunscreen will be applied to your skin before you leave. You must protect your skin every day with a full spectrum sunscreen that protects both UVA and UVB with an SPF of 20 or higher. We recommend you use a sunscreen containing zinc oxide and titanium dioxide to provide you with full spectrum protection. Avoid direct sun exposure. All tanning and tanning beds must be avoided.
- For the first 24-48 hours, use a mild cleanser, hydrating moisturizer, eye cream, and sunscreen. If you are treating hyperpigmentation, the use of lightening products is strongly recommended.
- Do not use glycolic, alpha hydroxy, beta hydroxy, retinol, benzoyl peroxide or topical acne medications for 24-48 hours following treatment. You may resume products after this period or as instructed by your technician.
- You may resume prescription retinoid products (Retin A, Renova, Tretinoin, Avita, Alustra or other brands of Tretinoin) and other prescription retinoid products (Adapalene, Avage, Differin, Tazorac, Tazarotene) three (3) days after last skin peel treatment, or as instructed by your technician. If you are receiving a series of treatments, do not resume any of these products until after you have completed your last microdermabrasion treatment.
- Refrain from waxing, electrolysis or other hair removal methods for thirty (30) days. Upon resumption, please notify your technician that you recently had a microdermabrasion.
- Refrain from Botox, collagen or other tissue filler injections for fourteen (14) days following a microdermabrasion treatment.
- Avoid exercise for at least a few hours after procedure. Drink additional water. Cold compresses can provide relief from the “wind-burned” feeling.