



Chemical / Facial Peels Pre & Post Information

Fresh AFA/ AFA Clay/Glow & The Perfect Derma Peel

At Fresh Laser Skin Studio, we want to ensure to give you the best experience and most effective treatment possible. In order to receive the best results, please be aware of the following points prior to your treatment and contact us if you have any questions.

Chemical / Facial Peels

This process involves the application of a solution to the treatment area using tools that are either disinfected or disposable. Depending on the solution, it may be left on the skin, and subsequent layers applied (The Perfect Derma Peel & Fresh Glow Peel) or taken off after a period of time (Fresh AFA & AFA Clay peel) and neutralized. Product strength, skin type, treatment area, skin condition, skin sensitivity, age, and whether prior use of exfoliating agents have been used, all determine the length of time the peel is left on the treatment area, for peels that need to be neutralized/washed off.

Activity level of the peel is measured on a 1 (feel very little to nothing at all) to 10 (too strong, and needs to be removed immediately) scale. Your Technician will be monitoring your activity level, after the peel is applied to the treatment area. The next step depends on the type of peel being performed. Some peels are neutralized and removed during treatment, while others such as the ReFresh Peel & Glow Peel, are applied in subsequent layers and not removed, before applying another layer.

The recovery time will vary depending on the level of peel applied to the treatment area

- **Level 1:** superficial peeling (usually no visible exfoliation), 1-3 days of light exfoliation, little to no flaking
- **Level 2:** medium to moderate peeling, 2-4 days of light/medium exfoliation, light to moderate flaking
- **Level 3:** deep peeling, 3-5 days or more, of aggressive peeling.

TYPES OF FACIAL PEELS

1. **Fresh AFA Peel - Level 1**
2. **Fresh AFA Clay Peel - Level 1**
3. **Fresh Glow Peel - Level 1 - 2**
4. **The Perfect Derma Peel - Level 2 - 3**

Please note these procedures are purely elective, the results may vary with each individual treatment, multiple treatments may be necessary to achieve optimal results, and no guarantees of individual results can be made. The goal of these treatments, as in any cosmetic procedure, is improvement not perfection.

Pre Treatment:

- Neurotoxins (such as Botox, Dysport or similar product) and/ or fillers should be administered post-treatment, or a minimum of 2 weeks prior to your treatment for neurotoxins and 4 weeks prior for fillers.
- Do not use any products containing Retin-A, retinol (or other active ingredients) 3-5 days prior to treatment
- Must not have taken Accutane for a minimum of 6 months
- Must agree to wear a minimum SPF 30+ physical (mineral) sunblock daily (SPF 50 preferred)
- Only the Fresh AFA Peels are safe to have during pregnancy
- Pre-treatment for a minimum 2 weeks, may be necessary before certain peels, depending on your skin type and if you are prone to hyperpigmentation

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Post Treatment:

- Redness, swelling and a slight heat sensation is a normal response after most facial treatments. You may experience redness and scabbing for 5-7 days after level 3 Chemical peels
- A cold gel pack may be applied to the treated area if uncomfortable and to reduce swelling.
- Wear a minimum SPF 30 physical sunblock (SPF 50 preferred) daily and reapply as necessary.
- Fresh AFA peels are non-photosensitizing, however a daily physical sunscreen of SPF 30+ is recommended to protect your skin.
- Do not use loofas or other exfoliating devices and products, until the treated area has completely healed, as they may extend the healing time.
- Do not use any products containing active ingredients such as Retin-A, retinol, glycolics or salicylics for 3 to 5 days following treatment, as they may cause irritation.
- DO NOT PICK the area. Avoid picking, peeling and scratching the treated area to achieve best results and to prevent skin from scarring. If any crusting appears you can apply an antibiotic cream such as Polysporin, Fucidin or Fucidin H.
- Avoid any trauma to the skin for up to 24 hours, such as bathing in very hot water, swimming pool, hot tub, or strenuous exercise.
- Makeup may be used after the treatment. It is recommended to use mineral makeup to reduce clogging of the pores and prevent any further irritation
- Please contact us via email (info@freshlaser.ca) or phone (403-264-4494) with any questions or concerns you may have after your treatment.

Potential and sometimes common side effects that may occur with any treatment procedure:

- INFLAMMATION which may include irritation, itching, pain, flaking, ingrown hairs
- TEMPORARY REDNESS (erythema) and mild to moderate “sunburn” like effects may last for a few hours to 2-4 days or more
- TEMPORARY EDEMA (minor swelling) of the skin around the treatment site
- EXISTING FRECKLES in treated areas may lighten or disappear (The Perfect Derma Peel)
- SCABBING or PEELING of treated skin and surrounding areas

Complications and adverse reactions, although rare, that may occur with chemical peels:

- Histamine/hives: some people develop raised papules similar to hives, this usually subsides within a few hours
- Pustules or pimples may develop in the first few days following treatment
- Hyper/hypopigmentation may occur, but is generally temporary
- There is an unlikely, but potential risk of allergic reaction to any gel or lotion that may be applied to the skin before or after treatment. Such risks include temporary swelling, itching, and formation of a rash
- Prolonged skin sensitivity to sun exposure, should be wearing sunscreen
- Blistering and scarring, though very rare

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Your consent form will contain the above listed potential and common sides affects, as well as the possible complications and adverse reactions. It will also contain the following statements that we will require you to acknowledge.

- I agree to contact Fresh Laser Skin Studio Ltd. if I have any questions or concerns/reactions with my treatment(s). I understand that 24 hrs. notice is required for appointment cancellation or rescheduling; or I will be responsible for a cancellation fee of \$50.
- I confirm that I have not used Retin A or Retinol topically in the treatment area, for a minimum of 3 days prior to my treatment or taken oral isotretinoin medicine (brand names include "Accutane"/ "Roaccutane"/ "Oratane"/"Nimegen", mainly used for acne treatment) in the past 6 months.
- I confirm that I am not pregnant(only Fresh AFA peels are safe). If I should become pregnant during the course of my treatments, I will inform Fresh Laser Skin Studio and understand I will not be able to continue with my Chemical peel treatments, other than Fresh AFA peels, until after my pregnancy.
- I am aware my results may vary with each individual treatment, that multiple treatments may be required for optimal results and maintenance treatments may be advisable. There is no guarantee that the expected or anticipated results will be achieved despite your technician's best efforts and there are no refunds for services rendered.
- I understand and acknowledge all the possible risks/complications involved with Chemical/Facial Peel treatments. I consent to receive Chemical/Facial Peel treatments performed by Fresh Laser Skin Studio and will not hold Fresh Laser Skin Studio liable for any risks/complications regarding Chemical/Facial Peel treatments.
- I certify that I have read and fully understand the above paragraphs. I have had the opportunity for discussion and all my questions have been answered to my satisfaction.
- This signed consent will be for all Chemical/Facial Peel treatments received within one year and I will notify Fresh Laser Skin Studio if there have been any changes in my health during this time.

Please contact us via email (info@freshlaser.ca) or phone (403-264-4494) if you have any further questions.

We look forward to providing you with the best results possible!

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