

# NOVAS, DOHR & COLL MEDICAL SPA BEAUTY AND WELLNESS

## PATIENT PREPARATION FOR CHEMICAL PEEL

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

1. 14 days prior to appointment refrain from:
  - Having a chemical peel
  - Tanning in a tanning booth (two to three weeks before and after)
  - having a “wax” or chemical depilatory treatment (five to seven days)
  - Getting Botox or dermal filler injections (seven days)
  - Microdermabrasion treatments
  - Under no circumstances can a peel be applied over sun burned skin
2. If you are lactating, pregnant or possibly pregnant, you are only a candidate for an I Image Vitamin C Peel.
3. Please refrain from sun exposure for ten days prior to your appointment. Do not come to the appointment sunburned (please let us know if you are unable to keep your appointment).
4. Delay use of Retin-A, Renova, Differin, Tazorac and high percentage glycolic acid products should be delayed for at least five to ten days prior to appointment. Using any of these will take the treatment deeper and make your results less predictable. Please consult the dispensing physician before discontinuing the use of any prescription medication.
5. Use of PCA Rebalance, Facial Wash and EltaMD 30 SPF or better are recommended for post peel care.

These superficial peels will result in little to no downtime. Treatments may include slight redness, tightness, peeling, flaking and/or temporary dryness. Makeup use may be resumed the day following the treatment. Refrain from exercise for 24 hours after the peel. Use extreme caution in the sun after a peel.

I have read and understand the above and consent to have the chemical peel treatment in conjunction with the recommended before and after care instructions.

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Signature

\_\_\_\_\_  
Date