

The uRepublic Guide to Chemical Peels.

The combined effects of sun exposure, environmental pollutants and a sluggish metabolism can damage our skin and make us look older. Certain skin conditions such as active acne, blotchy pigmentation can also be improved with chemical peels. Chemical peels are non-invasive and designed to promote cell turnover and growth for that healthy and more youthful looking skin.

How does it work?

Chemical peels involve applying one or more exfoliating agents to gently remove the outer layers of the skin after which the skin will regenerate. This results in a healthier, smoother, clearer complexion.

We use a range of chemical peel ingredients to achieve the best possible outcome. Alpha- and beta- hydroxy acids are fruit acids that include commonly used peels such as glycolic, salicylic and lactic acids. These are light or “lunch hour” peels and are the mildest of the chemical peels. They burn off only the outer layers of the skin to smooth out fine wrinkles and rough, dry skin. Other peel ingredients used include trichloroacetic acid (TCA) and retinoic acid.

Chemical peels may also be used to improve the texture of sun-damaged skin, balance skin pigmentation or diminish some types of non-textural acne scars. They are usually repeated to achieve the desired results and commence with a light treatment and build in strength as the skin’s tolerance to the peels improves.

What can AHA Chemical Peels do for me?

Here are some of the conditions that can benefit from AHA chemical peels:

- Fine wrinkling
- Active acne
- Oily skin/enlarged pores
- Uneven pigmentation
- Hyper (increased)-pigmentation
- Sun damaged skin
- Rough dry skin

What does the procedure involve?

An initial assessment takes place where the practitioner examines the skin and discusses your skin regime. This allows them to build your treatment plan and discuss the process with you.

The area to be treated is then thoroughly cleansed. Next, the peel solution or a combination of solutions is applied gently with a cotton bud and after a short wait is removed. It’s as simple as that; the entire procedure takes about 45 minutes and up to six peels are recommended for best results.

What happens after treatment?

Temporary dryness, scaling and discoloration (in the form of a faint pink or brown tone) may occur following the AHA treatment. These side effects are quite mild and should not restrict you from going about your daily activities. In order to help the healing process, it is important to protect the skin from sun exposure with an SPF 30+ sunblock.

It is also important to keep the skin moist. A mild cleanser followed immediately with a gentle moisturiser is recommended.

What are the unwanted side effects of AHA Chemical Peels?

Stinging, redness, dryness and mild skin irritations can be experienced after chemical peels and usually resolve quite quickly.

It is possible, although rare, to develop hyperpigmentation (increased skin colour) or hypopigmentation (decreased skin colour). Crusting of the skin sometimes occurs.

Is everyone suitable for AHA Chemical Peels?

We do not treat:

- Pregnant or lactating women
- Patients currently taking isotretinoin (or within the last 6 months)
- Some darker skin types are unsuitable for treatment but this can be ascertained at the time of consultation
- Patients allergic or sensitive to peel ingredients

What Peel and Skincare products are used at uRepublic?

Dr Lim has reviewed the spectrum of products available in the Cosmetic Dermatology marketplace and considers the Rationale range of Cosmeceuticals appropriate for his patients.

This range is only available from Dermatologists, Plastic Surgeons and Cosmetic Physicians and requires some patient assessment and education prior to their because of the strength of the active ingredients.

Our chemical peels are exclusively from this Australian developed and owned Company and we invite you to look at the entire range at www.rationaleskincare.com.

Procedural Consent Form for Chemical Peel.

I confirm that I do not currently have any conditions which may prohibit this treatment such as cold sores, use of hormones, recent facial surgery or laser resurfacing and I have not used any acne related drugs within the last twelve months.

I am not pregnant or breast feeding.

I understand that there are no guaranteed results from this treatment and that results may vary due to several different variables such as age, sun damage, ongoing sun exposure, smoking, excessive alcohol intake, climate, diet and water intake, skin thickness and sensitivity.

I understand that I may or may not peel and that each case is individual.

Regardless of precautions taken, I acknowledge the possibility of an adverse reaction to the peel and accept sole responsibility for any medical care that may become necessary. Should an adverse reaction occur I will immediately contact the Doctor or Nurse or Skin Technician performing this treatment. I will not scratch, pick, pull at or abrade the treated skin.

I understand that direct sun exposure and the use of tanning booths is prohibited during this treatment time (should ongoing treatments be necessary) and that mandatory use of a minimum SPF 30+ sun protection is required daily.

I understand that to achieve maximum results the recommended home care routine must be followed. I understand that if I alter the routine or use products not recommended by the skin care professional the results could be altered or inhibited.

I also understand that it may take several treatments to obtain the desired result.

I understand that the following side effects and complications although extremely unlikely can occur:

1. Discomfort
2. Redness and swelling
3. Hypopigmentation
4. Itching and irritation
5. Skin peeling or flaking up to 14 days after the procedure
6. Infection
7. Scarring
8. Hyperpigmentation
9. Acne breakouts

I understand the goals of the treatment as well as the limitations and possible complications.

The treating practitioner has provided the information and has answered all my questions concerning this procedure. I clearly understand the above information.

Name of patient

Signature

Date

Witness