

**Banki Dermatology & Cosmetic Center**  
**2928 Main Street**  
**Suite 200**  
**Glastonbury, CT 06033**  
**Phone: 860-659-2779**

**Patient Consent for Skin Care Treatments**

This consent form provides the necessary information to assist patients in making an informed decision regarding receiving Skin Care Treatments that include, but are not limited to, microdermabrasion, facials, chemical peels, and the use of topical skin care products.

Microdermabrasion is a mechanical method of removing the outermost layers of the skin through the use of abrasive elements such as a diamond-tipped pad. Chemical peels remove the top layers of the skin through the use of acids, such as glycolic, lactic, salicylic, and trichloroacetic acid & mandelic acid.

Alternative treatments to microdermabrasion and chemical peels include laser skin resurfacing, dermabrasion, plastic surgery, or no treatment at all.

Possible risks, side effects, and complications with Skin Care Treatments include, but are not limited to:

- Prolonged erythema (redness) or edema (swelling)
- Allergic reactions
- Blistering
- Visible flaking/peeling
- Hyperpigmentation or hypopigmentation
- Abrasion (superficial cut) or temporary lines and streaking may occur with microdermabrasion
- Acne outbreak or the activation of recurrent viral skin infections such as herpes simplex may occur
- Infection
- Scarring

The risks of complications are higher for patients with darker skin types. I have disclosed any condition that may have bearing on this procedure such as pregnancy, recent facial surgery, allergies, tendency to cold sores/fever blisters, or use of topical and/or oral prescription medication.

I understand that it is not possible to predict any of the above side effects or complications, and results are not guaranteed. I have fully read this consent form and understand the information provided to me regarding the proposed procedures, and I have had all the questions and concerns answered to my satisfaction.

Patient Name: \_\_\_\_\_

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

Date: \_\_\_\_\_

Witness: \_\_\_\_\_

Date: \_\_\_\_\_

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**Before & After Instructions for Skin Care Treatments**

**Prior to Treatment**

- Avoid tanning and direct sun exposure for 2 weeks prior to each treatment.
- Apply a sunscreen with SPF 30 or greater every day for the duration of treatments.
- Discontinue use of any products containing high strength alpha hydroxyl acids (such as glycolic and lactic acids) and prescription retinoids (such as Retin-A and Renova) 1-2 weeks prior to treatment.
- Consult with your personal physician before starting treatment if any skin lesions in the treatment areas have changed, itched, or bled.
- Treatment areas must be free of any open sores, lesions, or skin infections.
- If receiving chemical peels, only one chemical peel may be performed in a 2-week period.

**After Treatment**

- Treated areas may feel sensitive, tight, or dry and may appear pink, red and slightly swollen for 3-5 days.
- Discomfort may be alleviated with an over-the-counter pain reliever such as acetaminophen (Tylenol) or with the use of a cool compress 15 minutes every hour a few times per day.
- After the chemical peel procedure, skin may peel to varying degrees (mild, hardly visible, or heavy continuous peeling) depending on the treatment received and the condition of the skin prior to treatment. Peeling may last up to 2 weeks.
- Avoid becoming overheated, perspiring excessively, using hot tubs, steam rooms, saunas, or excessively hot showers for a first few days after treatment, as this can cause blistering and increase the risk of complications.
- Apply any post procedure topical products as instructed. Regular home skin care products (including alpha hydroxyl and retinoic acids) may be resumed 2 weeks after

treatment or as instructed. Moisturizer may be applied twice a day or more frequently as needed for hydration and to decrease the appearance of flaking.

- During the healing process, avoid picking, scrubbing, exfoliating, or abrading sensitive or peeling skin as this may result in irritation and increase the risk of pigmentation changes and scarring.
- Avoid direct sun exposure and tanning bed use for 2-4 weeks after treatment and use a broad-spectrum sunscreen with SPF 30 or greater containing zinc or titanium daily.
- Avoid hot tubs, swimming and other water activities for 2 weeks
- Avoid electrolysis, facial waxing or the use of depilatories for 2-weeks after treatment.