

# patient profile

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

- Are you pregnant or lactating? Yes \_\_\_ No \_\_\_ **(Please consult with your obstetrician. Only the Oxygenating Trio or Detox Gel deep pore treatment is appropriate.)**
- Do you wear contact lenses? Yes \_\_\_ No \_\_\_ **(Remove contacts if eyes are sensitive or if having microdermabrasion.)**
- Do you have permanent makeup? Yes \_\_\_ No \_\_\_ (If so, to what areas of the face?) \_\_\_\_\_
- Do you currently use or receive depilatories or waxing? Yes \_\_\_ No \_\_\_ (Discontinue use five days pre- and post-treatment.)
- Do you currently have a sunburn/windburn/red face? Yes \_\_\_ No \_\_\_ Why? \_\_\_\_\_
- Are you in the habit of going to tanning booths? Yes \_\_\_ No \_\_\_ (If within past 14 days, decline treatment. This practice should be discontinued due to increased risk of skin cancer and signs of aging.)
- Are you applying any topical medications at this time? Yes \_\_\_ No \_\_\_ Which one(s)? \_\_\_\_\_  
(High percentages of certain ingredients may increase sensitivity)
- Are you currently using any topical Retinoid prescriptions (tretinoin/Retin-A®/Renova®/Differin®/Tazorac®/Avage®/EpiDuo™/Ziana®)? Yes \_\_\_ No \_\_\_ What strength? \_\_\_\_\_ For how long? \_\_\_\_\_ (Discontinue use five days before and after treatment. Consult your physician before discontinuing use of any prescription.)
- Are you currently using Accutane®? Yes \_\_\_ No \_\_\_ For how long? \_\_\_\_\_ (It is OK to apply ONE layer of Ultra Peel® I, Sensi Peel®, Ultra Peel® II, Esthetique Peel or Oxy Trio to skin that has been treated with Accutane®.)  
**Those who are currently taking Accutane® should be directed to their dispensing physician.**
- Have you had a chemical peel or any type of procedure with a medical device? Yes \_\_\_ No \_\_\_  
Within the last 14 days? Yes \_\_\_ No \_\_\_ What type? \_\_\_\_\_
- Do you have regular collagen, Botox® or other dermal filler injections? Yes \_\_\_ No \_\_\_ (Peels should precede or follow injections by two days to prevent movement of the filler or stinging at the injection site.)
- Have you recently had facial surgery? Yes \_\_\_ No \_\_\_ Describe: \_\_\_\_\_ How long ago? \_\_\_\_\_
- Have you recently had laser resurfacing? Yes \_\_\_ No \_\_\_ When? \_\_\_\_\_ What type? \_\_\_\_\_
- What type of work do you do? \_\_\_\_\_ Regular airline travel? Yes \_\_\_ No \_\_\_ How often? \_\_\_\_\_
- Do you participate in vigorous aerobic activity or sports? Yes \_\_\_ No \_\_\_ What type? \_\_\_\_\_
- Do you smoke or use tobacco? Yes \_\_\_ No \_\_\_
- Do you develop cold sores/fever blisters? Yes \_\_\_ No \_\_\_ Last breakout? \_\_\_\_\_
- Are you allergic/sensitive to? (Check all that apply) milk \_\_\_ apples \_\_\_ citrus \_\_\_ grapes \_\_\_ aloe vera \_\_\_ aspirin \_\_\_ perfumes \_\_\_ latex \_\_\_ hydroquinone \_\_\_ mushrooms \_\_\_ If any other allergies, what? \_\_\_\_\_
- Are you sensitive to alcohol-based products? Yes \_\_\_ No \_\_\_
- Have you ever used any other products that caused a bad reaction? Yes \_\_\_ No \_\_\_ Describe \_\_\_\_\_
- Are you taking any medication at this time? (antibiotics may increase sensitivity) \_\_\_\_\_
- What is your hereditary background? \_\_\_\_\_
- Natural eye color: Blue \_\_\_ Green \_\_\_ Hazel \_\_\_ Gray \_\_\_ Lt. Brown \_\_\_ Med. Brown \_\_\_ Dk. Brown \_\_\_
- Natural hair color: Blond \_\_\_ Red \_\_\_ Lt. Brown \_\_\_ Med. Brown \_\_\_ Dk. Brown \_\_\_ Black \_\_\_ Gray/Silver \_\_\_ White \_\_\_
- Skin tone: Pale/White \_\_\_ Light \_\_\_ Medium \_\_\_ Reddish \_\_\_ Freckled \_\_\_ Sallow \_\_\_ Lt. Olive \_\_\_ Med. Olive \_\_\_ Dark Olive \_\_\_ Lt. Brown \_\_\_ Mod. Brown \_\_\_ Dark Brown \_\_\_ Soft Black \_\_\_ Black \_\_\_
- Do you consider your skin: Sensitive \_\_\_ Resilient \_\_\_ Unsure \_\_\_
- Describe your skin (check all that apply): Normal \_\_\_ Dry \_\_\_ T-Zone/Combination \_\_\_ Thick \_\_\_ Thin \_\_\_ Saggy \_\_\_ Firm \_\_\_ Oily \_\_\_ Acne \_\_\_ Comedones/Blackheads \_\_\_ Milia \_\_\_ Cysts \_\_\_ Breakouts \_\_\_ Acne-scarred \_\_\_ Large pores \_\_\_ Small pores \_\_\_ Flord \_\_\_ Rosacea \_\_\_ Eczema \_\_\_ Freckled \_\_\_ Sun-damaged \_\_\_ Melasma \_\_\_  
Hypopigmentation \_\_\_ Parfume-stained \_\_\_ Hypopigmentation \_\_\_ Uneven/blotchy \_\_\_ Mature \_\_\_ Wrinkled \_\_\_ Patchy dryness \_\_\_ Sallow \_\_\_ Psoriasis \_\_\_ Dehydrated/lacking moisture \_\_\_ Asphyxiated \_\_\_ Telangiectasia/broken surface capillaries \_\_\_

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

Clinician Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## post-procedure skin treatment tips

### for two days post-procedure:

- Stay cool! Heating internally can cause hyperpigmentation.
- Do not put the treated area directly into a hot shower spray.
- Do not use hot tubs, steam rooms or saunas.
- Do not go swimming.
- Do not participate in activities that would cause excessive perspiration.
- Do not use loofahs or other means of mechanical exfoliation.
- Do not direct a hair dryer onto the treated area.
- Do not apply ice or ice water to the treated area.

### general guidelines:

- After receiving a PCA SKIN® professional treatment, you should not necessarily expect to 'peel'. However, light flaking in a few localized areas for several days is typical. Most patients who undergo these treatments have residual redness for approximately one to twelve hours post-procedure.
- As with all peels and treatments, it is recommended that makeup not be applied the day of treatment, as it is ideal to allow the skin to stabilize and rest overnight; however, makeup may be applied 15 minutes after the treatment if desired.
- To minimize side effects and maximize results use the **post-procedure solution** for 3 to 5 days or until flaking has resolved.
- If the skin feels tight, apply **ReBalance** for normal to oily skin types or **silkcoat® balm** for drier skin types to moisturize as needed. For maximum hydration, you can apply **hydrating serum** under **ReBalance** or **silkcoat® balm**.
- Moisturizer should be applied at least twice a day but can be applied more frequently for hydration and to decrease the appearance of flaking.
- It is recommended that other topical, over-the-counter medications or alpha hydroxy acid products not be applied to the skin seven days post procedure, as they may cause irritation.
- It is recommended to delay use of tretinoin, Retin-A®, Differin®, Renova®, Tazorac®, Avage® EpiDuo™ or Ziana® five days post-procedure. Consult your physician before temporarily discontinuing use of any prescription medications.
- Avoid direct sun exposure and excessive heat. Use **weightless protection spf 45, perfecting protection spf 30, total defense calming hydrator spf 25, protecting hydrator spf 30, hydrator plus spf 30** for broad-spectrum UV protection.
- Do not go to a tanning bed for at least two weeks post-procedure. This practice should be discontinued due to the increased risk of skin cancer and signs of aging.
- Do not pick or pull on any loosening or peeling skin. This could potentially cause hyperpigmentation.
- Do not have electrolysis, facial waxing and/or depilatories for approximately 5 days.

**Do not have another treatment until your clinician advises you to do so.**

## preparation for a peel treatment

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

- Use of PCA SKIN® daily care products prior to your peel will prepare the skin, allow for better treatment results and reduce the risk of complications. This is recommended but not mandatory. Please consult your physician or skin care clinician for appropriate recommendations for your skin type and condition.

It is recommended that you take the following into consideration:

- For best results and to reduce the risk of complications, it is recommended that you use PCA SKIN daily care products 10 to 14 days prior to treatment.
- If you are lactating, pregnant or may be pregnant, only an **Oxygenating Trio** or **Detox Gel deep pore treatment** is appropriate. Consult your OB/GYN before receiving any treatment.
- Do not go to a tanning bed two weeks prior to treatment. This practice should be discontinued due to the increased risk of skin cancer and signs of aging.
- It is recommended that extended sun exposure be avoided, especially in the 10 days prior to treatment.
- It is recommended to delay use of tretinoin, Retin-A®, Renova®, Differin®, Tazorac®, Avage®, EpiDuo™, Ziana® and high-percentage AHA and BHA products for approximately five days prior to treatment. Consult your physician before temporarily discontinuing use of any prescription medications.

PCA SKIN superficial peels result in little to no downtime but create dramatic and visible results. Treatments may cause slight redness, tightness, peeling, flaking or temporary dryness. Most patients find it unnecessary to apply makeup, as the skin will be smooth, dewy and radiant following your treatment. If you would like to apply makeup, allow approximately 15 minutes for the pH of the skin to stabilize before applying foundation.