

## SKIN CARE HISTORY QUESTIONNAIRE

Please answer the following questions so that I may have a better understanding of your general health and lifestyle, thereby enabling me to accurately analyze and assess your skin care needs.

<b>Name</b> (please print clearly)			<b>Date</b> ____ / ____ / ____ <b>Date of Birth</b> ____ / ____ / ____
First <b>Street Address</b>	Last	M.I.	
<b>City</b>			<b>State</b>
<b>Home Phone</b> (        )			<b>E-Mail Address</b>

Please check if presently using any of the following? (please ✓ all that apply)

- ☐ Accutane      ☐ Glycolic Acid/Alpha Hydroxy Acid      ☐ Topical Vitamin C  
☐ Hydroquinone      ☐ Retinoid (Vitamin A derivatives) i.e. Retin A, Renova, Differin

Which conditions do you want to improve (please ✓ all that apply)

- ☐ Hyperpigmentation (Brown Spots)      ☐ Acne/Acne Scarring      ☐ Sun Damage      ☐ Enlarged Pores  
☐ Fine Lines & Wrinkles      ☐ Age Spots      ☐ Surgical Facial Scars      ☐ Other: \_\_\_\_\_

Have you ever had an allergic reaction to any skin product or cosmetic?      ☐ Yes      ☐ No

### FEMALE CLIENTS

- Are you on hormone replacement therapy?      ☐ Yes      ☐ No  
 Are you presently taking birth control pills?      ☐ Yes      ☐ No  
 Are you pregnant or planning to be?      ☐ Yes      ☐ No

### ALL CLIENTS

- Do you use a sunscreen/sun block?      ☐ Yes      ☐ No  
 Do you sunbathe or participate in outdoor activities?      ☐ Yes      ☐ No  
 Do you have or have ever had acne?      ☐ Yes      ☐ No  
 Are you using or have ever used any medications for acne?      ☐ Yes      ☐ No  
 Name of medication \_\_\_\_\_

Have you seen a Dermatologist in the past year?      ☐ Yes      ☐ No  
 If yes, list doctors name and reason for visit \_\_\_\_\_

Are you presently under a doctor's care?      ☐ Yes      ☐ No  
 What medications do you take on a regular basis? \_\_\_\_\_

- Have you ever had Herpes (cold sores)?      ☐ Yes      ☐ No  
 Have you ever been treated with Zovirax or any medication for Herpes?      ☐ Yes      ☐ No

## SKIN CARE HISTORY QUESTIONNAIRE

Do you have Epilepsy or Diabetes? ☐ Yes ☐ No

*If yes, you will be treated only with a doctors release!*

Are you presently under a physicians care for any reason? ☐ Yes ☐ No

*Explain* \_\_\_\_\_

Do you use Biore or snore strips? ☐ Yes ☐ No

Have you had any of the following? ☐ Yes ☐ No (please ✓ all that apply)

☐ Cosmetic Surgery ☐ Botox Injections ☐ Skin Cancer ☐ Dermatitis ☐ Keloid Scarring

☐ Laser Resurfacing ☐ Chemical Peels ☐ Hepatitis ☐ Other (Specify) \_\_\_\_\_

Are you allergic to aspirin? ☐ Yes ☐ No Are you allergic to Iodine or Seaweed? ☐ Yes ☐ No

Do you have any other allergies? ☐ Yes ☐ No

If yes, list: \_\_\_\_\_

Do you smoke? ☐ Yes ☐ No

Do you take nutritional supplements? ☐ Yes ☐ No

Are you on a diet? ☐ Yes ☐ No

Do you exercise? ☐ Yes ☐ No

Do you wear contact lenses? ☐ Yes ☐ No

Have you had skin treatments (facials) before? ☐ Yes ☐ No

Are you currently having facials? ☐ Yes ☐ No

Have you had electrolysis or waxing in the past week? ☐ Yes ☐ No

Do you have those services done? ☐ Yes ☐ No

Have you had permanent cosmetics? ☐ Yes ☐ No

If yes, where? \_\_\_\_\_

How is your general health? ☐ Excellent ☐ Good ☐ Fair ☐ Poor

What skin care products are you currently using? \_\_\_\_\_

What is it about your skin you would like to change? \_\_\_\_\_

Is there any other information I should know before beginning your treatment? \_\_\_\_\_

**Client  
Signature**

## SKIN REJUVENATION INFORMED CONSENT

**Please read and initial after each paragraph.**

*You have the right to be informed about your skin peeling treatment.*

INITIAL  
HERE

I have been given the Skin History Questionnaire and have read and answered the questions thoroughly.  
I have discussed any further questions that I may have with my skin care specialist.

My skin care specialist has answered any questions I have regarding my aftercare.  
I acknowledge my obligations to closely follow the after care instructions and visit my skin care specialist for a post peel treatment as specified.

I am aware and acknowledge that there is a rare possibility of an allergic reaction. I have discussed thoroughly with my skin care specialist any such reactions and understand them. I have had a patch test and it is negative.

I am willing to forego a patch test, but understand there could be an allergic response.

I have been advised that my treatment is a noninvasive, light epidermal exfoliation consisting of any of the following: Salicylic Acid, AHAs, Retinol, TCA, Resorcinol, or Red Wine Vinegar Acid.

The use of the above ingredients stimulates the skin to generate new skin cells and new collagen formation and increases the blood circulation and flow to the skin. It does not replace deep chemical peels, laser resurfacing or plastic surgery.

I acknowledge that during application I will notice a warm sensation and the skin may tingle, sting or burn. Immediately after the peel my face may appear frosted or sunburned, and by day two, the skin may darken in color, feel tighter, and be more sensitive. Days two through seven, the skin will peel. I am not to pick or peel the old skin. Pulling or picking skin may lead to infection (which will require treatment with topical antibiotic) or surface scarring. I may experience some breaking out after a peel.

I acknowledge that I will avoid direct sun exposure during this procedure and will apply a sunscreen daily.

Skin peels may lighten hyperpigmented skin, I acknowledge that there is NO GUARANTEE that dark discoloration of the skin known as melasma will be reduced or faded. I am aware that there could even be an increase of uneven color from this procedure.

I acknowledge that I have not been on Accutane during the past six months.

I acknowledge that I have not been using Retin A or Renovea for the past two weeks

I acknowledge that if I am prone to cold sores (herpes), I may need a prescription from my physician prior to having the peel. I am aware the treatment could bring about cold sores.

I acknowledge that I am not aspirin sensitive or, if I am, I have discussed this with my skin care specialist and understand there could be a reaction.

Client Signature

Print Name

Date

## SKIN PEEL CHECKLIST

- ✓ Did you do a complete Skin History and Skin Evaluation forms? \*
- ✓ Did you do a patch test at least 48 hours before the peel?
- ✓ Did you give your client/patient an information sheet on the peel you are going to do? \*
- ✓ Has your client/patient filled out their Consent Forms? \*
- ✓ Did you give your client/patient their Post-Home Care Instruction Sheet? \*
- ✓ Did they sign a form stating they have their instructions and understand what to do? \*
- ✓ Did you schedule a post follow up appointment in one week?

\* pdf of form available on-line at [www.rhondaallison.com/professional/downloads](http://www.rhondaallison.com/professional/downloads)

## BE SURE TO REMEMBER

- ✓ Check the batteries for the fan!
- ✓ Have eye pads ready.
- ✓ Have acid, applicator, gloves and timer ready.
- ✓ Place client/patient in a semi reclined position
- ✓ Do not do extractions prior to a peel.
  - Apply acid evenly to avoid demarcation, limit spot treating.
  - Avoid high strength acids on skins of color and do not over stimulate.

## CHECK YOUR INVENTORY FOR PRODUCT IN CASE OF COMPLICATIONS

PRODUCT	SYMPTOM
<input type="checkbox"/> CALMING SKIN GEL Hydrocortisone Balm	Rash, swelling, itching, irritation
<input type="checkbox"/> DROP OF ESSENCE HYDRATION DROPS Omega 6 EFA	Continued discomfort, burning, hydration, healing
<input type="checkbox"/> PRO SALVE Occlusive Healing Balm	Accelerates cell renewal and prevents trans-epidermal water loss (TWL)
<input type="checkbox"/> POST BALM LUBRICATING OINTMENT Post Peel Occlusive	Discomfort, continued redness – tightness
<input type="checkbox"/> GROWTH FACTOR Preparation Epideral Growth Factor	Increases cell renewal after any exfoliation and assists the skin in wound healing
<input type="checkbox"/> SEA GEMS Pro Mitochondrio Complex	Inspires healthy DNA mechanisms and enhances mitochondrial ability
<input type="checkbox"/> EYE WASH	Rinse eyes immediately if irritated or if acid / enzyme accidentally gets in eye
<input type="checkbox"/> ICE GLOBES and/or COLD WATER	Swelling and redness, discomfort and burning



FOR YOUR  
INFORMATION

# Alpha Hydroxy Acids

**Alpha Hydroxy Acid** is the family name for a variety of active acids. The most commonly used are glycolic, lactic, malic, tartaric, and citric acid. AHA's have exfoliating and emollient properties. Topical applications seem to have specific effects on the corneum layer, the epidermis, and the dermis. AHA's are a popular choice as prime ingredients for many acne preparations due to the effect they have on micro comedones (an impaction of cells that build up in the follicular wall). AHA's reduce actinic keratosis (rough areas of sun damaged skin) and improve the appearance of aging skin.

**Glycolic Acid** comes from sugar cane. It is being used in strengths ranging from 5% to 70%. Strengths above 35% should be used only by physicians, and many are recognizing the safe benefits of lower strengths. Glycolic Acid is believed to cause repair and regeneration of the skin more effectively than other AHA's due to the small molecule, which allows for rapid penetration. Glycolic Acid loosens the intercellular cement that binds the cells together causing skin cells to slough. It is believed that glycolic acid binds water to the stratum corneum and moisture of course creates healthier, plumper skin tissue.

**Salon Treatments** are available for progressive skin care and requires weekly treatments initially for approximately six to eight weeks. An appropriate home care is recommended to enhance results. Glycolic acid is not for everyone (people can be allergic to strawberries and milk). If you are one of the many that can use Glycolic the benefits can far surpass Retin A.

**Lactic Acid** is an AHA that is derived from sour milk. It is used as an exfoliant and for moisture retention. Lactic acid is found in the body in blood and muscle tissue and is a component of the skins natural moisturizing factor. Lactic acid can often times be tolerated better than glycolic acid. This is partly due to the source of each (milk being less irritating than a fruit acid) and since lactic acid is found in our bodies and glycolic is not, the skin may be more receptive and not see it as a foreign substance. Investigations report that continuous use of lactic acid (5%-12%) provide mild to moderate improvement in fine wrinkling and softer, smoother skin. Treatments are available for progressive skin care in a similar fashion to glycolic acid. Often a combination of glycolic and lactic acid is used together to enhance results. This must be decided on an individual basis according to the skin's needs and how it responds.

**Malic Acid and Tartaric Acid** are beneficial for firming and toning and Citric acid is an antioxidant and astringent. A blending of all of these AHA's in the appropriate strengths can be exactly what some skins respond to best.

If you are on a weekly professional treatment plan and develop a rash or unusual discomfort (the skin can feel sensitive and tender during this time), discontinue use of any acid home care and call your professional immediately. Avoid the sun during your treatments and wear a sunscreen daily. Do not use harsh scrubs or highly perfumed skin care. Be sure to advise your therapist of any health conditions and medications. If you are pregnant or lactating, are currently on accutane, or are using Retin A (must be off Retin A for two weeks), you are not a candidate for professional AHA treatments.



**FOR YOUR  
INFORMATION**

## **Mid-Depth Superficial Peeling**

Light superficial complexion peels are an effective exfoliating, regenerating, and stimulating treatment for a variety of skin problems. The acids used for this treatment can vary depending on skin type and tolerance. We select from a range of acids from Alpha Hydroxy & Beta Acids to TCA & Retinol.

It is suggested when scheduling this treatment to allow yourself some down time just in case the skin exfoliation is more than expected. Even though there will be anticipated peeling, the skin, at various stages of progress, may experience heavier sloughing. Usually this is never more than 1-2 days. With some procedures you are asked not to wear make up or do anything to the skin for two days. You will be advised of this and given the appropriate home care instructions.

It is impossible to predict exactly what may happen to the skin. Listed below is a general description of what to anticipate.

- Immediately following the treatment, the skin will feel very smooth and tight.
- There may be a color change - pink to red the first day and then a brown tone until peeling occurs.
- The skin will generally begin peeling in 2-3 days, however peeling can take place anytime for the next 7 days.
- The skin does not always visibly peel. It may take 2-3 treatments for this to happen. There are many other advantages from a skin peel.
- Benefits from these procedures may be smoother and softer skin, a healthier glow, less oil, more moisture, refined pores, an improvement in discoloration, diminished fine lines, and increased acne control.

You will be asked to discontinue use of Retin A, or other Retinoids and AHAs for a week. It is required that you wear a sunscreen daily and use the appropriate home care topicals.



**FOR YOUR  
INFORMATION**

## **Vitamin A Peel**

Skin ages in two ways, either intrinsic which is changes that are a result of internal cellular factors, genetic programming, and disease or extrinsic which is the result of chronic exposure to the sun, neglect, lifestyle, pollution, and smoking.

Sun damage is cumulative over the years. Early exposure will become evident in later years. The number one sign of photo aging is wrinkling. Some experts say 90% of our lines are due to sun exposure. Other side effects of photo aging are mottled pigmentation, dryness, sallowness, rough texture, enlarged pores and loss of elasticity.

There is much you the individual can do to slow down the aging process simply by how you treat your skin!

There is considerable research on the topical ingredient retinoic acid, one member of a family of over 2000 compounds called retinoids. Retinoids reeducate damaged cells and help cells mature normally. When retinoids are applied to the skin, it helps increase the amount of intracellular material that assists in preventing cells from clumping up and speeds up cell production. Retinoids also encourage the exfoliation of cells in a smooth orderly fashion and new cells are normally healthy.

Retinol, a derivative of Vitamin A, is unquestionably effective in treating sun induced wrinkles and pigmentation associated with aging skin. The rapid cell turnover that occurs with retinol results in a smoother, silkier skin. Other benefits of retinol are the overall improvement of circulation that increases oxygen supply to the skin. This aids in strengthening blood vessels, not to mention the healthy glow clients report.

The Vitamin A Peel is a safe easy “no burn no down time” peel that supports the regeneration of skin and the reversal of aging. There may be mild to excessive flaking that will occur a few days after application. It is recommended that 3-4 sessions be completed 1-2 weeks apart for optimum results. Some experts agree that several Retinol Peels can be equivalent to a years use of Retin A!

Avoid sun and heat exposure during sessions and wear an SPF 30+ daily. Nightly use of **Regenerating Cream** or other ***Epidermal Growth Factor*** formula is recommended.



# What You Need to Know About Your Acid Peel

... designed to remove epidermal layers of skin using an appropriate acid solution. This type of peeling is used to help “dry out” active acne, reduces shallow wrinkling and scarring, and in some cases, lighten hyperpigmented areas (dark patches), and to overall improve the appearance and health of sundamaged and aged skin.

The acid solution used should be patch tested on the neck or behind the ear at least 24 hours prior to the treatment. **The patch test is for your benefit and can help avoid allergic reactions.** There are several choices as to the ingredient used for the peeling and this will be determined according to skin type.

Before the acid is applied, it is necessary to prepare and de-fat the skin. This is accomplished in part by cleansing and using a prep solution. You are given a small hand held fan, that lessens some of the stinging sensation when the solutions are applied. This discomfort usually lasts for about 5-10 minutes.

When the treatment is finished, the skin may have a frosted white appearance. This is caused from the solution and usually fades within a few hours. The skin may also be very red and it will continue to redden and feel sensitive over the next 24 hours. The skin then becomes brown just before peeling begins which is usually between the 3rd and 5th day. The skin becomes very tight and dry and there may be slight swelling. This is normal.

**The outcome of the peel depends solely on YOU!** *No picking and DO NOT get in direct sunlight for at least three weeks.* (I prefer that you wait six weeks and if you never get direct sun on your face again that would be even better!)

Days 1-3 rinse your skin with water and pat dry, and apply Post Balm / Calming Skin Gel as directed. On day four you can begin cleansing and wearing and Epidermal Growth Factor and an SPF30. No make-up for one week. You will be given post care home instructions the day of your treatment. It is important that you return in one week for a post follow up treatment for cleansing, exfoliation, extractions and nourishment.

*This treatment may be repeated in six weeks. The number of peels required for any given problem varies with each individual. It is impossible to know in advance how much peeling will occur. There is no limit to the number of skin peels a person can have as long as improvement continues. Skin peels are an excellent way to maintain the health of the skin and slow down the aging process.*





## Post Home Care Instructions for Progressive Peeling Treatments

**Day One** - Skin may feel sensitive and show signs of redness

Immediately following treatment avoid sun exposure. Even though a light moisturizer and sunscreen is placed on the skin at the end of your treatment, the skin is vulnerable to heat and sun.

It is best not to apply make up until the following day if possible. *(Although if it is necessary it will not cause any problems)* Not wearing make up gives the skin an opportunity to settle down. If your treatment is in the morning, make-up may be worn in the evening.

The evening of your treatment, lightly cleanse skin with the appropriate cleanser and apply E.G.F. (Cream, Serum, or Gel). Do not use any home care correctives until advised to do so.

**DO NOT** use harsh scrubs after your treatment.

Generally, the skin is less irritated after the first 24 hours. If you experience any discomfort, oozing, or crusting, call right away. This is not abnormal and is nothing to be alarmed about. It is better to know what has taken place so that suggestions can be offered to alleviate some of the discomfort.

**Day Two** - Resume normal skin care routine - cleansing, toning, moisturizing, sunscreen, and make up. Avoid direct sun exposure.



**FOR YOUR  
INFORMATION**

## **Post Home Care Instructions for Mid-Depth Skin Peel**

**Day One** - Do nothing to your skin following your treatment. Avoid sun and heat exposure as well as any strenuous activity.

If you experience any discomfort, an over the counter pain reliever is suggested, such as Tylenol or Advil. If you have any swelling, or sign of irritation, call immediately. Although there is no cause for alarm, we want to be made aware of this and we will advise you as to what you should do.

Swelling is a normal part of the process. The tissue has been disturbed and the skin will naturally experience some swelling. The application of a cool compress the first 24 hours may be helpful. In the case of extreme swelling you may want to take an over the counter antihistamine, such as Benadryl unless you have been instructed otherwise by your physician.

**Day Two** - The skin will feel dry and tight and may be slightly redder. Use Post Balm Ointment or Drop of Essence-Hydration Drops as often as needed. In some cases the skin has already begun to change to a brown shade of color. This is just dead skin that will slough away.

**Day Three through Seven** - Exfoliation will occur (mild, hardly visible to heavy continuous peeling). Do not be concerned how much you actually peel. There are many other benefits that will happen.

You are to begin using **Epidermal Growth Factor** as soon as exfoliation begins. This will be used daily for the next two weeks.

You may begin your normal skin care routine after 7 days (cleansing, toning, moisturizing, and sunscreen) **DO NOT use AHAs, BHAs, Retinoids or any other corrective for at least one week.**

**Cautions:** ***DO NOT Pick Or Prematurely Peel The Skin*** (this will cause surface scarring and irritation.)  
Wear A Sunscreen Daily!!!

**Return in one week for a post follow up visit. This is very important.**

If you have any questions do not hesitate to call. Often times what may seem unusual to you is really very normal and finding out will save you needless concern.



**FOR YOUR  
INFORMATION**

## **Post Home Care Instructions for Intense Skin Peel**

**Day One** - The skin may feel hot and feverish and you may experience some mild discomfort. Over the counter pain relievers such as Tylenol or Advil may be helpful. Use Post Balm and spray the skin with cool water several times throughout the day. This will relieve tightness and encourage live cell build up.

It is normal to have some swelling, but if it becomes too uncomfortable, the application of cool compresses and Calming Skin Gel around eyes and on lips may be helpful. Some clients have benefited from certain antihistamines such as Benadryl.

The skin will be a frosted white color for the first few hours and then it will become pinker and eventually quite red. The skin will feel very tight and dry. This is normal.

**Day Two** - Same as the first day. Do very little to the skin, other than Post Balm and Drop of Essence-Hydration Drops. It will be darker in color and the skin will be drier and tighter. Try not to touch the skin and **do not pick!!!!**

**Day Three-Seven** - The skin will begin peeling. Cleansing with a mild non abrasive cleanser is recommended. Apply Regenerating Cream or other Epidermal Growth Factor formula twice a day (this is a very active topical and may sting when first applied to fresh new skin). ***DO NOT PICK OR TEAR AWAY LOOSE SKIN AS THIS MAY CAUSE SURFACE SCARRING!***

Make Up may be worn on day five. No Retinol, AHA, or harsh scrubs.  
Do not expose skin to the sun - **WEAR AN SPF30 DAILY.**

**RETURN IN ONE WEEK FOR A POST TREATMENT.**

Call if you have any questions.



**FOR YOUR  
INFORMATION**

## **Post Care Instructions for Laser / IPL**

**Day One** – The skin may feel hot and feverish and you may experience some mild discomfort. Over the counter pain relievers such as Tylenol or Advil may be helpful. Use Pro Salve and/or Sea Gems following laser and Sea Gems and Post Balm Lubricating Ointment following IPL. Spray skin with cool water several times a day to relieve tightness.

It is normal to have some swelling, but if it becomes too uncomfortable, the application of cool compresses would offer some relief. Some clients have benefited from certain antihistamines such as Benadryl.

Skin will be red or pink and feel very tight, dry and warm. This is normal.

**Day Two** – Same as the first day. Do very little to skin other than Pro Salve, Sea Gems, or Post Balm Lubricating Ointment. The skin may be darker in color as well as drier and tighter. Try not to touch skin and **DO NOT PICK!!!**

**Day Three - Five** – The skin will begin peeling. Cleansing with a mild, non-abrasive cleanser such as Gentle Milk Cleanser is recommended. Calming Skin Gel may be applied at this point as it promotes healing, resists bacterial growth, reduces swelling and minimizes itching. Calming Skin Gel may be mixed into either Pro Salve or Post Balm Lubricating Ointment.

**DO NOT PICK OR TEAR AWAY LOOSE SKIN AS THIS MAY CAUSE SURFACE SCARRING!**

**Day Six - Ten** – Apply Drop of Essence Hydration Drops and Sea Gems in the a.m. to address the tight, dry feeling. Apply Epidermal Growth Factor Serum in the p.m. as it assists in healthy tissue regrowth and balances moisture content while addressing erythema or prolonged redness.

Make-up may be worn on day ten.

No Retinol, AHA or harsh scrubs for two weeks (post deep laser FOUR weeks).

Do not expose skin to the sun. Wear Daytime Defense SPF30 daily.

Return in one week for post follow-up.

( )

**Phone Number (Business)**

**Home Care Products**

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This is to acknowledge that I, \_\_\_\_\_, have been given verbal, as well as written instructions, pertaining to my skin peel. (\_\_\_\_\_) Treatment Note

I have received a step by step instruction sheet for the daily care of my skin.

I know if I have any complications or allergic reaction, I am to contact my skin therapist immediately.

\_\_\_\_\_  
Date Client Signature

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