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CONSENT FOR TRICHLOROACETIC ACID PEEL

This is an informed consent document that has been prepared to help inform you concerning Trichloroacetic Acid (TCA) Peels and its risks. It is important that you read this information carefully and completely.

INTRODUCTION

The function of a skin peel is to create an even controlled shedding of several layers of damage cells. This exposes a new, fresh layer of skin with a more even colour and a smoother texture. There are several types of peels, each using a different chemical to create its peeling effect. The chemicals used by Dr Wassall are TCA (trichloroacetic acid) and Jessner's Solution. This consent form explains the risks of a TCA Peel.

A solution is applied to your skin. This is usually associated with two to three minutes of a burning sensation. When the chemical is applied to the skin, it causes the top layers of cells to dehydrate and peel off over a period of several days. The depth of the peel can be customised to match your requirements with the amount of downtime you are prepared to tolerate. Deeper peels result in more downtime but achieve more dramatic results. Most people take between three days to a week to heal from a TCA Peel. During the healing process there is no pain, but the skin looks as if it has had a severe sunburn.

RISKS OF TRICHLOROACETIC ACID PEELS

Every procedure involves a certain amount of risk, and it is important that you understand the risks involved. An individual's choice to undergo a procedure is based on the comparison of the risk to potential benefit. Although the majority of patients do not experience these complications, you should discuss each of them with Dr Wassall to make sure you understand the risks, potential complications, and consequences of a TCA Peel.

- **Hypopigmentation** – any peel that causes exfoliation will temporarily lighten the skin. The degree of lightening increases as the depth of the peel increases. With deeper peels it can take several months for the skin to completely regain its normal colour. This can be more pronounced in people with darker skin. Dr Wassall does not perform TCA Peels deep enough to cause permanent skin lightening.
- **Hyperpigmentation** – this is a condition in which an inflammatory response occurs in the skin leading to excessive skin pigmentation. This is usually associated with darker skinned patients but can occur less frequently in lighter skin colours. Sun exposure following the peel increases the risk. The condition can occur shortly after the peel or up to 2 months later. It can be treated by sun avoidance, sunscreens and prescription strength creams.
- **Allergic reactions** – these are very rare. Allergy can present as itch, hives, swelling or rash.
- **Scarring** – this is an uncommon complication. People at risk include those with a history of keloid scars; patients recently on roacutane therapy; patients that develop infection after the peel. The risk is higher in deeper peels. Most cases of scarring are due to a complication of the peel such as infection, premature peeling due to picking, or trauma to the new tissue rather than a direct complication of the peel.
- **Persistent redness** – some redness is common after almost any peel. Areas of bright redness will generally fade to light red or pink within two weeks. Areas of redness lasting more than 3 weeks may indicate scar formation is imminent and should be reported immediately to Dr Wassall.
- **Premature Peeling** – premature removal of the shedding layer of skin, either accidental or intentional, exposes a layer of immature tissue. This increases the risk of infection and scar formation.
- **Infection** - Infection is unusual. Should an infection occur, additional treatment including antibiotics may be necessary.
- **Herptic outbreak** – an outbreak of cold sores can be triggered by a chemical peel. This will often present as pain rather than a blister. Patients with a history of cold sores should take preventative medication prior to the chemical peel.
- **Unsatisfactory result** - There is the possibility of an unsatisfactory result from the procedure. Although one peel can significantly improve the appearance of the skin, some skin problems are deeper than others. It is possible that you may require more than one peel to achieve good results.

DISCLAIMER

Informed consent documents are used to communicate information about the proposed treatment of a disease or condition along with disclosure of risks. The informed consent process attempts to define principles of risk disclosure that should generally meet the needs of most patients in most circumstances.

However, informed consent documents should not be considered all inclusive in defining other methods of care and risks encountered. Your injecting doctor may provide you with additional or different information which is based on all the facts in your particular case and the state of medical knowledge.

Informed consent documents are not intended to define or serve as the standard of medical care. Standards of medical care are determined on the basis of all of the facts involved in an individual case and are subject to change as scientific knowledge and technology advance and as practice patterns evolve.

It is important that you read the above information carefully and have all of your questions answered before signing this consent.

I have read a copy of the foregoing consent for the procedure, understand it, accept these facts, and hereby authorise Dr Stephen Wassall to perform the procedure of Trichloroacetic Acid Chemical Peel. I also certify that I am not pregnant or planning to fall pregnant or breast feeding.

Patient's Name (Please Print) _____

Patient's Signature _____

Date _____

Witness _____