

Kaiser Permanente Cosmetic Services

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INFORMED CONSENT TRICHLOROACETIC ACID/OBAGI BLUE PEEL

INSTRUCTIONS

This is an informed-consent document that has been prepared to help your surgeon inform you about trichloroacetic acid (TCA) chemical peels, its risks, and alternative treatments. It is important that you read this information carefully and completely. Please initial each page, indicating that you have read the page and sign the consent for the procedure as proposed by your surgeon.

INTRODUCTION

Chemical peels have been performed for many years to remove superficial pigmentation of the skin, improve fine wrinkles and scars, and correct sun-damaged skin. The depth of the chemical peel is determined by what skin qualities you are trying to improve, your skin type, the amount of healing time you are willing to have, and the discomfort level you are able to withstand. You and your physician will want to discuss these issues prior to commencing with the peel.

Recovery from a chemical peel is directly related to the depth of the peel. The deeper the peel, the longer the recovery. In superficial peels (glycolic acid, Jessner's solution, low concentration TCA), recovery can take as few as 1-2 days. Deeper peels (combinations of above solutions or mid-strength TCA) achieve better results, but healing times of 7-10 days can be expected.

ALTERNATIVE TREATMENT

Alternative forms of management include not treating the skin with chemical-peeling agents or other medications. Improvement of skin lesions and wrinkles may be accomplished by other treatments such as dermabrasion, laser treatment, or surgery to tighten loose skin. Risks and potential complications are associated with alternative forms of treatment.

RISKS OF CHEMICAL SKIN-PEELING

Every procedure involves a certain amount of risk and it is important that you understand the risks involved with a chemical peel. An individual's choice to undergo a surgical procedure is based on the comparison of the risk to potential benefit. As peels go deeper into the skin, the overall risks and benefits increase. Although the majority of patients do not experience the following complications, you should discuss each of them with your surgeon to make sure you understand the risks, potential complications, and consequences of chemical skin-peeling.

Infection – Infection is unusual. However, viral, bacterial, and fungal infections can occur. If you have a history of herpes simplex virus infections around the mouth (or cold sores), notify your doctor. We will prescribe an antiviral medication to prevent reactivation of the infection. Should any type of infection occur, additional treatment with the appropriate medication may be necessary.

Pigment/Color change - Pigmentation can include both lightening and darkening of the skin and can be either temporary or permanent. Darker skin types are at higher risk of developing

increased pigmentation after a chemical peel. Increased pigmentation can be minimized by pretreatment with bleaching creams, avoiding sun exposure after the peel, and not picking the skin during the healing period. A line of demarcation can occur between the peeled skin and untreated skin.

Scarring - Although normal healing after the procedure is expected, abnormal scars may occur in both the skin and deeper tissues. In rare cases, thickened scars may result. Scars may be unattractive and of different color than the surrounding skin. Additional treatments may be needed to treat scarring.

Pain - There is burning pain that occurs when the acid is applied to your skin. This is temporary and is gone by the time you leave the office. A sudden reappearance of pain later in the week is a sign of infection and you should notify our office immediately.

Persistent erythema (redness) or itching - Itching and redness is a normal part of the healing process. Erythema rarely persists beyond 4-8 weeks, but can rarely persist for months.

Allergic reactions - In rare cases, allergies have been reported to drugs and agents used for chemical peels. Allergic reactions may require additional treatment.

Delayed healing - It may take longer than anticipated for healing to occur after a chemical peel. Skin healing may result in thin, easily injured skin. This is different from the normal redness in skin after a chemical peel.

Lack of permanent results - A chemical peel may not completely improve or prevent future skin wrinkling. Neither technique can reverse the signs of skin aging. Additional surgical procedures may be necessary to further tighten loose skin. You may be required to continue with a skin care maintenance program after a chemical peel.

Unsatisfactory result - There is the possibility of a poor result from these procedures. Skin-peel procedures may result in unacceptable visible deformities, skin slough, loss of function, and permanent color changes the skin. You may be disappointed with the final results of a chemical peel.

Unknown risks - There is the possibility that additional risk factors of chemical skin-peeling may be discovered.

ADDITIONAL TREATMENT OR SURGERY NECESSARY

There are many variable conditions that influence the long-term result of a chemical peel. Even though risks and complications occur infrequently, the risks cited are the ones that are particularly associated with these procedures. Other complications and risks can occur but are even more uncommon. Should complications occur, additional surgery or other treatments may be necessary. The practice of medicine and surgery is not an exact science. Although good results are expected, there is no guarantee or warranty expressed or implied, on the results that may be obtained.

FINANCIAL RESPONSIBILITIES

The cost of chemical skin-peeling involves several charges for the services provided. The total includes fees charged by your doctor, the cost of surgical supplies, anesthesia, laboratory tests, and medications covered by your health plan. Depending upon your health plan coverage, you

will be responsible for necessary co-payments, deductibles, and charges not covered. Additional costs may occur should complications develop from the surgery. If the complication is felt to be a health risk, for example an infection, required treatments including hospitalization, anesthesia and/or secondary surgery would be covered under your health plan coverage. In the event of a complication requiring additional surgery, anesthesia fees or hospital day-surgery charges involved with revision cosmetic surgery would be your responsibility.

HEALTH INSURANCE

Services described here are provided on a fee-for-service basis, separate from and not covered under your Health Plan benefits. Clinical services are provided by providers or contractors of the Permanente Medical Groups. The Permanente Medical Groups, Kaiser Foundation Health Plan, Inc., and Kaiser Foundation Hospitals have a financial interest in the provision of these services. For specific information about your Health Plan benefits please see your *Evidence of Coverage*.

DISCLAIMER

Informed-consent documents are used to communicate information about the proposed surgical treatment of a disease or condition along with disclosure of risks and alternative forms of treatment(s). 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 surgeon may provide you with additional or different information that 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 pattern evolve.

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