



MD BEAUTY SECRETS Inc.  
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## Retinol Consent Form

Retinol is highly recommended by Dermatologists because it is the best and most effective anti-aging ingredient. It is a vitamin A derivative that enhances skin repair and rejuvenation. Retinol is a peeling agent that penetrates the skin cells and binds to receptors inside the cell, stimulating cell growth and repair. The normal skin cell cycle is about six weeks, meaning it takes six weeks for cells from the basal layer to proliferate and surface then shed. Retinol and other retinoid speed up this process to 2-3 weeks, producing younger looking skin.

Side effects of retinol products entail redness, flaking and sometimes irritated skin. These side effects usually occur when Retinol is in effect. Most users discontinue the product at this time, thus, preventing the reparative work of the product. For ideal results, continuation of the product at longer intervals every other night instead of every night is the best course to follow. Occasionally, the use of 1% Hydrocortisone, which is available over the counter, improves the inflammation and flakiness.

When using Retinol you should avoid sun and ultraviolet (e.g. tanning beds/booths and sunlamps) exposure as well as use a copious amount of sunscreen, which has either titanium oxide or zinc oxide and is at least a SPF 30 grade or higher.

I have read and understand the above statement before signing this consent form. All of my questions regarding Retinol and its risks have been answered before using the product.

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Patient's Name

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Date