

## JESSNER PEEL

### **Important Client Information**

Superficial peeling is designed to remove epidermal layers using an appropriate acid solution. This type of peeling is used to help “dry out” active acne, reduce shallow wrinkling and scarring, shrink pores, soften skin, and in some cases, lighten hyper-pigmented areas (dark patches), as well as to improve the overall appearance and health of aged and sun damaged skin.

The acid solution used should be patch tested on your neck area behind the ear at least **24 hours** prior to the first treatment. **The patch test is for your benefit and can help avoid any allergic reactions.** The solutions to be used are a combination of salicylic acid, lactic acid, glycolic acid, and may or may not contain resorcinol- depending on the skin type.

Before the acid is applied, it is necessary to prepare and defat your skin. This is accomplished in part by cleansing and using a prep solution. You are given a small hand held fan, which buffers some of the discomfort when solutions are applied. There is usually a burning and stinging sensation that lasts for about 5-7 minutes.

When the treatment is finished, your skin will have a frosted white appearance. This is caused from the solution and usually fades within one hour. The next day, your skin will be red and may progressively become redder followed by brown (varies among individuals). During this process, your skin may become very tight and dry with slight swelling. This is a normal process. In most cases, peeling usually occurs between the third and fifth day.

**The outcome of the peel depends solely on YOU!** No picking or peeling the skin. Do not get direct sunlight for at least three weeks and please wear total protection sunscreen with Zinc Oxide. You may rinse your face with water and carefully pat dry. No make-up for one week. You will be given post care instructions the day of your treatment and specific topical creams to use at home. **It is important you return in one week for a follow-up visit for cleaning, exfoliation, extraction and nourishment for maximum results.**

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 may have, as long as improvement continues after each treatment. Skin peels are an excellent way to maintain the health of your skin and slow down the aging process.