

JESSNER'S PEEL

Benefits:

- All skin types.
- Smoothes and rejuvenates skin.
- Beneficial for acne, oily or thick skin.
- Lifts away dead skin cells (exfoliation).
- Stimulates skin at the basal layer, increasing cell renewal (really beneficial for aging or problematic skin).
- Evens skin tone, lightens and brightens skin, helps fade hyperpigmentation.
- Firms and tones skin.
- Diminishes fine lines.
- Minimizes enlarged pores.
- Removes surface impurities.
- Promotes overall healthier skin and hydration.

Indications:

- Hyperpigmentation, uneven skin tone.
- Sun damaged skin.
- Skin congested with sebum and dead skin cells.
- Acne.
- Fine lines.
- Enlarged pores.

Precautions:

- Sun exposure.
- Retin A. or Accutane, or have been on it in the past 12 months.
- Surgery in the area to be treated within the past 12 months.
- Recently waxed.
- Have had laser resurfacing done within the past 12 months.
- Diabetes.
- Poor healing capabilities.
- Tendency to scar or form keloid scars.
- Currently on prescription pain meds that cannot be discontinued for a few weeks.

- Darker complexion (high amounts of melanin present in the skin make you more at risk for complications, such as hyper -and hypo-pigmentation (darkening and/or lightening of the skin).
- Frequent visitor to a tanning salon, avid sun bather and/or have a sunburn.
- Smoker.
- Waxing done on the treated area within the past 2 weeks.
- Because of the individual nature of each case, there can be varying levels of irritation during the recovery process. While superficial in nature, patients may experience an impression of stinging, flushing or constricted skin. Generally, these feelings lessen progressively after the procedure. In the event that they don't, or complications develop, please contact a doctor as soon as possible.
- Sun exposure, including artificial tanning, can exacerbate the recovery process and must be avoided a week before the process and two weeks immediately following the peel treatment. A sunscreen lotion with a minimum SPF of 30 is recommended.
- Patients must be reminded not to stress their skin with other treatments or procedures too soon after a peel. Any facial hair removal process, such as waxing or depilatories, or any facial injections, such as Botox or collagen, must be avoided for a minimum of a week after treatment.

Contraindications:

- Pregnant or lactating.
- Chemotherapy or radiation.
- Open lesions, active cold sores, acute facial dermatitis, or skin irritation.
- Autoimmune disease.
- Allergy to aspirin or other salicylates.
- Radioactive or chemotherapy treatments within the past 12 months.

Pre-Procedure:

- Client greeting and offer water.
- Have client fill out history intake form or follow up form.
- Escort client to changing area.
- Help client onto bed, cover hair and drape with towel.
- Client consultation.

- Sanitize and glove hands according to gloving skill.
- Magnifying lamp (First look).
- Eye cleanse.
- Lip cleanse.
- Pre-cleanse.
- Magnifying lamp (First skin analysis).
- Basic cleanse.
- Second Skin Analysis (Wood's Lamp).
- Degrease.
- Prebase.

Procedure with Sponges:

- Explain the sensation the client may feel throughout the treatment.
- Place measured amount of peel in tray.
- Place protective eyewear over clients' eyes.
- Using 2 small cosmetic sponges wrapped in 1 thickness of gauze. Dip sponges in solution to wet.



- Starting at frontalis, pat solution onto skin and work all the way around the perimeter of the face, saving nasalis and mentalis for last. Without rewetting sponges, repeat pass around face one more time in same manner.
- After 1 minute or specified time, rewet sponges with peel solution. Starting again at frontalis, repeat patting around face. If platysma is being treated, pat solution onto platysma at this time. Watch for erythema and/or frosting appearing on all areas of face and platysma.

- Use neutral cleanser all over areas that were treated to begin neutralizing.
- Remove with cold towel, pressing lightly around face. Be sure not to rub or drag towel across face.
- Remove gloves according to Degloving skill. Put on a new pair of gloves according to Gloving skill.
- To continue neutralizing, mix a small amount of baking soda, tap water, and a neutral cleanser. Continue with cleanse.
- Remove with cold towel, pressing lightly around face. Be sure not to rub or drag towel across face.

Procedure with Brushes:

- Explain the sensation the client may feel throughout the treatment.
- Place measured amount of peel in tray.
- Place protective eyewear over clients' eyes.
- Using 2 brushes, dip into solution to wet. Watch to ensure no dripping occurs.
- Starting at frontalis, brush solution onto skin and work all the way around the perimeter of the face, saving nasalis and mentalis for last. Turn brushes over to ensure all of the solution is being used.



- After specified time and depending on skin conditions, a second application may be necessary.
- If neck is being treated, brush solution onto platysma at this time. Watch for erythema and/or frosting appearing on all areas of face and platysma.
- Use neutral cleanser all over areas that were treated to begin neutralizing.

- Remove with cold towel, pressing lightly around face. Be sure not to rub or drag towel across face.
- Remove gloves according to Degloving skill. Put on a new pair of gloves according to Gloving skill.
- To continue neutralizing, mix a small amount of baking soda, tap water, and a neutral cleanser. Continue with cleanse.
- Remove with cold towel, pressing lightly around face. Be sure not to rub or drag towel across face.

Procedure with Swabs:

- Explain the sensation the client may feel throughout the treatment.
- Place measured amount of peel in tray.
- Place protective eyewear over clients' eyes.
- Using 2 large cotton swabs, dip into solution to wet. Watch to ensure no dripping occurs.
- Starting at frontalis, roll swabs outward towards perimeter of face, saving nasalis and mentalis for last.



- If necessary, dip swabs in peel again and proceed with a second application.
- If platysma is being treated, roll solution onto platysma at this time.
- Watch for erythema and/or frosting appearing on all areas of face and platysma.
- Use neutral cleanser all over areas that were treated to begin neutralizing.
- Remove with cold towel, pressing lightly around face. Be sure not to rub or drag towel across face.

- Remove gloves according to Degloving skill. Put on a new pair of gloves according to Gloving skill.
- To continue neutralizing, mix a small amount of baking soda, tap water, and a neutral cleanser. Continue with cleanse.
- Remove with cold towel, pressing lightly around face. Be sure not to rub or drag towel across face.

Post-Procedure:

- Remove gloves according to Degloving skill.
- Continue with rest of facial.

Maintenance:

- This peel may be reapplied at 2-3 week intervals.

Infection Control:

- Discard all disposable items, sanitize all surfaces and follow infection control procedure.
- Although unusual, bacterial and viral infections can occur. If client has a history of Herpes simplex virus infections around the mouth, it's possible that an infection could recur following a chemical peel. Specific medications must be prescribed prior to the skin peeling procedure in order to suppress an infection from this virus. The medication must be started 2 days prior to the peel and continued 5 days post peel. Should any type of skin infection occur, additional treatment, including antibiotics, may be necessary. These medications can be provided by the client's doctor.
- Refer to OSHA and your state board.

POST-TREATMENT FOR PATIENTS WITH JESSNER'S PEELS

Day One:

First 6 hours following Jessner's peel

Anti-inflammatory gel.

Hours 6-24

Aguafor® (for open skin).

Moisturizer (for closed skin).

Day Two:

Aguafor® (for open skin).

Moisturizer (for closed skin).

Damaged skin tissue begins to appear brownish in color.

Day Three:

Aguafor® (for open skin).

Moisturizer (for closed skin).

Noticeable peeling starts. Advise against picking.

Day Four:

Fine-grain exfoliant.

Necrosed skin should be gently removed.

Day Five:

Return to normal home-care treatment.