

# Jessner's Peel Care

After a Jessner's Peel it is common to experience frosting on the skin for the first 24 hours. This white color is the residue of the ingredients used in the peel. Your skin may feel warm, similar to a sunburn effect. On the second day your skin will become very red and warm. On days 2-4 the skin may turn brown and feel very tight. Usually, during days 4-7 you will experience peeling. The amount of discoloration and peeling is directly related to the number of layers applied to your skin: The more layers applied the more discoloration and peeling. Picking at the peeling skin can cause scarring! After 7 days, the skin will begin to show signs of returning to normal and new skin will begin to form.

## **Preparing for a Jessner's Peel**

To ensure a safe peel, it is important for your skin barrier to be healthy and strong. A consultation is recommended 6 weeks before your peel, so you can prepare with appropriate homecare. You must be using SPF and using active products with care. One week before your peel, discontinue use of active products

Fitzpatrick Types I-III: Basic chemical peel preparation

Fitzpatrick Types IV-VI: MUST be using tyrosinase inhibitor for at least 6 weeks prior to your peel. Please schedule a consultation 6-8 weeks before your peel so we can ensure proper preparation for a safe peel. This is to avoid risk of Post Inflammatory Hyperpigmentation.

## **Caring for Your Skin after a Jessner's Peel**

The first evening after your peel you should not have to wash your face, however if you choose to do so, cleanse very gently with a gentle cleanser like the Lemon Cream Cleanser, Milk & Honey Cleanser, or Sensitive Skin Cleanser. Pat dry; do not rub. Moisturize with Sensitive Skin Moisturizer or Topical C. It is essential to protect your skin from the sun following a peel. Consider wearing a hat, and Solar Block is essential for sun protection every day.

After two weeks, you may resume use of active products and mild exfoliation. Use caution not to exfoliate too soon, as it could cause scarring.

## **Things to Avoid After a Jessner's Peel**

AVOID DIRECT SUN EXPOSURE until you have finished peeling

Avoid exercise and heat for the first 48 hours

Do not exfoliate or use active products for at least 14 days

Wait at least 14 days after your peel for skin treatments or injections to the treated area

## **Are the Results Permanent?**

The permanency of the results is in direct proportion to how you care for your skin after a peel. Taking care of your skin, having a solid homecare regimen, and using sun protection will most certainly help you retain a rejuvenated, more youthful appearance. Maximum benefits are achieved by completing a series of up to six peels.