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JESSNER'S CHEMICAL PEEL

Overview of the Peel Process

The Jessner's Peel is considered a 7-10 day peel. While climate, skin sensitivity, and skin type can cause the peeling process to vary, the peel process follows a typical pattern. After the procedure, your face will typically be white and frosted. This will last from 2-3 hours, and will then subside. The first couple of days, your skin will feel very dry, tight and will have "sunburned" look. Peeling usually begins around the mouth on day 3 or 4. The skin will continue to peel for 4-5 days to reveal new "baby-fresh" skin.

Do's and Don'ts

Do:

- * Do inform your skin care professional of all medications you are currently taking or have taken within the last 6 months.
- * If you have a history of cold sores, tell your skin care professional prior to the procedure.
- * Submit to a patch test
- * Use recommended home care products daily for 2-4 weeks prior to the treatment.
- * If there is concern about hyperpigmentation, use skin lightening products 2-4 weeks prior to peel.
- * Wash your hair the day of procedure (no water will be allowed on the area being treated for 48 hours).
- * Wear loose, comfortable clothing.
- * Eat a meal before having the procedure.
- * Plan to go straight home after the procedure.

Don't:

- * Wax the treatment area for at least one week prior to the peel or for one week afterwards.
- * Tan for at least one week prior to the peel.
- * Do not participate in any activity or exercise that will cause excessive sweating or perspiring during the first several days after the peel - water blisters may form.

Optional

- * Take Ibuprofen approximately an hour before the appointment to relieve any discomfort. Peeling can be stressful and Resorcinol can cause some clients to feel mild lightheadedness (generally occurs in sensitive individuals at the end of the treatment- it only lasts for a few minutes after you get up).
- * You may wear soft contacts during the procedure or bring glasses. The glasses should not be big and heavy or there might be an impression of the glass clips on the bridge of the nose.