

What it is:

A **medium depth, non-surgical** chemical peel for **normal skin** that combines salicylic and lactic acids and resorcinol (Jessner's solution) to slough away the skin's outer layers to reveal smoother, younger looking skin.

Features & Benefits:

- Improves skin texture and restores a youthful glow
- Reduces fine lines and minimizes pore size
- Lightens hyper-pigmentation and sun damage
- Increases cell turnover to improve acne and acne scars

Duration of Benefits:

- Approximately three to four months

Duration of Treatment: 30 Minutes

Treatment Protocol:

- Esthetic cleanse of face and neck
- Application to remove excess oils
- Application of Jessner's solution
- Cooling/fanning while peel is on the skin (five minutes)
- Application of neutralizing acid (finishing step)

Candidates:

- A slightly more aggressive chemical peel for patients with previous history with milder peels (such as Skin Medica Vitalize Peel®) and no adverse reactions

Contraindications:

- Patients with active cold sores or warts, wounded, sunburned, excessively sensitive skin, dermatitis or inflammatory Rosacea in the area(s) to be treated should not receive a J SPA Medical Peel as the procedure could precipitate a flare up or spread the condition
- Inform the esthetician if you have any history of herpes simplex
- Patients with a history of allergies, rashes or other skin reactions may be sensitive to treatment
- Jessner's solution should not be applied to patients with an allergy to salicylates (i.e., aspirin)
- This peel is not recommended if you have taken Accutane within the past year or received chemotherapy or radiation therapy
- This procedure should not be administered to pregnant or breastfeeding (lactating) women

What to Expect:

- Patients will experience a warm, stinging sensation as the peel activates on the skin
- Immediately after the peel, your skin will be light yellow. This is temporary and will fade in one to two hours
- Approximately 48 hours after the treatment, your skin will start to peel

Downtime/Recovery:

- Skin has a sunburned appearance and peels away aggressively over approximately five to seven days
- Your skin may be more red than usual for three to five days
- Please avoid strenuous exercise during this time

Pre-treatment Guidelines:

J SPA Medical Peel

One week before your J SPA Medical Peel:

- Avoid the following procedures: electrolysis, waxing, depilatory creams and laser hair removal
- Cease using any exfoliating products that may be drying or irritating, such as salicylic acid, alpha hydroxy acid and glycolic acid

Three days before your J SPA Medical Peel:

- Cease using Retin A, Renova®, Differin® (Adapalene 0.1%) or any products containing Retinol, AHA or BHA, or Benzoyl Peroxide

One day before your J SPA Medical Peel:

- For those prone to cold sores, start use of Valtrex®. Take one pill two times per day, to prevent breakouts during treatment

Post-treatment Recommendations/Prescriptive Care: *J SPA Medical Peel*

- Leave on finishing solution until bedtime for best results
- Rinse skin gently (with water only) and pat dry/do not rub
- **DO NOT PICK OR PULL THE SKIN**, as scarring can result
- Apply a rich moisturizer as needed to improve appearance during peeling (do not use alpha hydroxy acids). Check with your esthetician for specific product recommendations
- Avoid harsh cleansers, scrubs and washcloths
- Wear sunblock daily
- Patients with hypersensitivity to the sun should take extra precautions to guard against exposure immediately following the procedure as there may be more sensitivity following the treatment
- Do not have any other facial treatment for at least one week after your peel

Daily Skincare Routine:

- When washing your face, use a **gentle, non soap cleanser** (such as Cetaphil®)
- Cease the use of exfoliating scrubs for **at least one week** after your peel
- Apply a light moisturizer (without alpha hydroxy acids) as often as needed to relieve dryness and tightness. Ask your esthetician for specific product recommendations
- Use a sunscreen with an SPF of 25 or higher and avoid direct sunlight for at least one week
- You may resume the regular use of Retin A, alpha-hydroxy acid (AHA) products or bleaching creams only after the peeling process is complete

Follow Up Visit:

- A follow up visit is generally not necessary
- **Call the office immediately if you have any unexpected problems after the procedure**

Return Visits Suggested:

Date: _____

Technician Name: _____

Notes: _____
