



Patient Information – Superficial Chemical Peels

Chemical peels are increasingly popular with those who are unhappy about the overall health and appearance of their skin due to sun-damaged skin, age spots, freckles, fine lines, rough skin, post-acne scarring and uneven pigmentation. We offer a range of chemical peel choices and work closely with each client to design a skin treatment program appropriate to his or her needs and skin care goals.

Among the most popular are the Glycolic, Lactic, Salicylic, and Jessner Peels. The following is peel specific information for you to consider before having one of these treatments:

Glycolic Peel Treatment

The Glycolic peel is a treatment designed to exfoliate the superficial layer of skin. The treatment is chosen to assist in reduction of superficial wrinkles and fine lines; improvement of the appearance of mature skin; refinement of sun damage, mature, and acne prone skin; “drying-up” of active acne; dislodgement and purging of blackheads; and modification and lightening of pigment disorders. Glycolic acid proves beneficial for diminishing the signs of actinic keratosis, commonly referred to as age or liver spots. It is a popular ingredient due to its hydrating, moisturizing, and skin normalizing abilities, leading to a softer, smoother, healthier and younger looking skin.

Following the advice of your skin therapist, best results may require multiple treatments spaced two, four or six weeks apart accompanied by the steadfast use of a skin brightening agent and the persistent use of sun protection products.

At your discretion we suggest a patch test applied behind the ear to gauge possible results. No guarantee is made or implied as to precise results, peeling time or discomfort. The actual peeling is accomplished by utilizing an active chemical solution. Before application, your aesthetician will cleanse your face and apply a pre-treatment solution to remove the oil barrier and dead skin cells from the surface. This insures a more even and uniform peeling result. During treatment you may experience some discomfort such as stinging, itching or warm flushing, similar to a burning sensation. This “feeling” generally fades within 5 minutes and should completely diminish before you leave the treatment room. Your skin therapist will utilize a fan to reduce this discomfort. Depending on your skin condition, your therapist may apply more than one coat of the formulation or use a higher concentrated formulation. Glycolic formulation will be removed from your skin in the treatment room and a cooling masque will be applied to calm any irritation to your skin.

Following treatment you may feel a tightening of the skin and for several days afterward, in some instances weeks, you face may appear red and progressively become a deeper red, possibly tan to brown color, depending on your skin type and condition and application variances. For most patients, peeling begins to occur within 48 hours, however, with a light-superficial application, you may observe only one to two days of light flaking. It is impossible to know in advance how much peeling will occur. Deeper penetration may result in possible sensitivity for several hours afterward with some



significant peeling for up to 10 days. Your skin may feel tight and dry. Redness may last for several weeks.

Your Responsibilities

1. Follow all instructions from your physician or skin therapist faithfully.
2. For at least one week post treatment discontinue the use of exfoliating products at home. This includes abrasive scrubs and products containing Alpha or Beta Hydroxy Acids (AHA's or BHA's), such as Glycolic, Lactic, or Salicylic Acids.
3. The use of gentle cleansers and moisturizers should be continued allowing the skin to remain healthy and peel at its own rate as the underlying "new" skin is exposed.
4. Itchiness is a common side affect of this procedure. **Do not scratch or itch the skin.** Rather, apply gentle pressure to skin to relieve irritation.
5. For at least one week post treatment exposure to the sun or bright indoor light, including tanning beds, should be avoided.
6. Advise your skin therapist regarding any outdoor activities you have planned within two weeks of your treatment.
7. Regardless of your level of outdoor activity, full spectrum sunscreen must be applied (minimum SPF 30) at least once a day. If daily cumulative outdoor activity exceeds 2 hours, sunscreen should be reapplied and then reapplied for each additional 2 hours of exposure.
8. Advise your skin therapist or physician if any of the following apply to you: active or dormant eczema, current cigarette smoker, or if you have any form of active or dormant herpes.
9. Skin should be properly prepared 4 weeks prior to the first Glycolic Peel as advised by your skin therapist or physician.
10. If applicable: discontinue Accutane 6 months prior and/or discontinue Retin A or Renova 4 weeks prior to treatment. If you have not done this you should NOT have a Glycolic Peel.

Post peel home care is paramount to the success of your treatment. Daily applications of sunscreen (SPF 30 or higher) and skin brightening serum are mandatory. The results of this procedure depend upon you compliance to these suggestions.

Lactic Peel Treatment

The Lactic peel is a treatment designed to exfoliate the superficial layer of skin. The treatment is chosen to assist in reduction of superficial wrinkles and fine lines; improvement of the appearance of mature skin; refinement of sun damage, mature, and acne prone skin; "drying-up" of active acne; dislodgement and purging of blackheads; and modification and lightening of pigment disorders. Lactic acid proves beneficial for diminishing the signs of actinic keratosis, commonly referred to as age or liver spots. It is a popular ingredient due to its hydrating, moisturizing, and skin normalizing abilities, leading to a softer, smoother, healthier and younger looking skin.

Following the advice of your skin therapist, for optimal results you may require an initial series of 5 – 7 treatments spaced 7 – 10 days apart accompanied by the steadfast use of a skin brightening agent and the persistent use of sun protection products.



At your discretion we suggest a patch test applied behind the ear to gauge possible results. No guarantee is made or implied as to precise results, peeling time or discomfort. The actual peeling is accomplished by utilizing an active chemical solution. Before application, your aesthetician will cleanse your face and apply a pre-treatment solution to remove the oil barrier and dead skin cells from the surface. This insures a more even and uniform peeling result. During treatment you may experience some discomfort such as stinging, itching or warm flushing, similar to a burning sensation. This "feeling" generally fades within 5 minutes and should completely diminish before you leave the treatment room. Your skin therapist will utilize a fan to reduce this discomfort. Depending on your skin condition, your therapist may apply more than one coat of the formulation or use a higher concentrated formulation. Lactic formulation will be removed from your skin in the treatment room and a cooling masque will be applied to calm any irritation to your skin.

Following treatment you may feel a tightening of the skin and for several days afterward, in some instances weeks, you face may appear red and progressively become a deeper red, possibly tan to brown color, depending on your skin type and condition and application variances. For most patients, peeling begins to occur within 48 hours, however, with a light-superficial application, you may observe only one to two days of light flaking. It is impossible to know in advance how much peeling will occur. Deeper penetration may result in possible sensitivity for several hours afterward with some significant peeling for up to 10 days. Your skin may feel tight and dry. Redness may last for several weeks. Keeping your skin moist will enhance the healing process.

Your Responsibilities

1. Follow all instructions from your physician or skin therapist faithfully.
2. For at least one week post treatment discontinue the use of exfoliating products at home. This includes abrasive scrubs and products containing Alpha or Beta Hydroxy Acids (AHA's or BHA's), such as Glycolic, Lactic, or Salicylic Acids.
3. The use of gentle cleansers and moisturizers should be continued allowing the skin to remain healthy and peel at its own rate as the underlying "new" skin is exposed. Use a hydrocortisone cream if any "hot spots" occur. A hot spot can typically take up to a week to clear up.
4. Itchiness is a common side affect of this procedure. **Do not scratch or itch the skin.** Rather, apply gentle pressure to skin to relieve irritation.
5. For at least one week post treatment exposure to the sun or bright indoor light, including tanning beds, should be avoided.
6. Advise your skin therapist regarding any outdoor activities you have planned within two weeks of your treatment.
7. Regardless of your level of outdoor activity, full spectrum sunscreen must be applied (minimum SPF 30) at least once a day. If daily cumulative outdoor activity exceeds 2 hours, sunscreen should be reapplied and then reapplied for each additional 2 hours of exposure.
8. Advise your skin therapist or physician if any of the following apply to you: active or dormant eczema, current cigarette smoker, or if you have any form of active or dormant herpes.
9. Skin should be properly prepared 4 weeks prior to the first Lactic Peel as advised by your skin therapist or physician.
10. If applicable: discontinue Accutane 6 months prior and/or discontinue Retin A or Renova 4 weeks prior to treatment. If you have not done this you should NOT have a Lactic Peel.



Post peel home care is paramount to the success of your treatment. Daily applications of sunscreen (SPF 30 or higher) and skin brightening serum are mandatory. The results of this procedure depend upon your compliance to these suggestions.

Salicylic Peel Treatment

The Salicylic peel is a treatment designed to exfoliate the superficial outer layers of skin. The treatment is chosen to assist in the reduction of sebaceous follicle blockage; rectification of acne prone skin; "drying-up" of active acne; dislodgement and purging of blackheads; and for its antimicrobial and antiseptic actions. This treatment is best suited for acne-prone and oily skin.

At the advice of your aesthetician, best results may require multiple treatments spaced two, four or six weeks apart accompanied by the steadfast use of a skin brightening agent and the persistent use of sun protection products.

At your discretion we suggest a patch test applied behind the ear to gauge possible results. No guarantee is made or implied as to precise results, peeling time or discomfort. The actual skin peeling is accomplished by utilizing an active chemical solution. Before application, your aesthetician will cleanse your face and apply a pre-treatment solution to remove the oil barrier and dead skin cells from the surface. This insures a more even and uniform peeling result. During treatment you will experience discomfort such as stinging or warm flushing, similar to a burning sensation. This "feeling" generally fades within 5 minutes and should completely diminish before you leave the treatment room. Although it may reduce the effectiveness of the peel, your skin therapist may utilize a fan to reduce this discomfort. Depending on your skin condition, your therapist may apply more than one coat of this solution. Salicylic solution will not be removed from your skin in the treatment room as it continues to benefit the skin for several hours post treatment.

Following treatment you may feel a tightening of the skin and for several days afterward, in some instances weeks, your face may appear red and progressively become a deeper red, possibly tan to brown color, depending on your skin type and condition and application variances. For most patients, peeling begins to occur within 48 hours, however, with a light-superficial application, you may observe only one to two days of light flaking. It is impossible to know in advance how much peeling will occur. Deeper penetration may result in possible sensitivity for several hours afterward with some significant peeling for up to 10 days. Your skin may feel tight and dry. Redness may last for several weeks.

Your Responsibilities

1. Follow all instructions from your physician or skin therapist faithfully.
2. For at least one week post treatment discontinue the use of exfoliating products at home. This includes abrasive scrubs and products containing Alpha or Beta Hydroxy Acids (AHA's or BHA's), such as Glycolic, Lactic, or Salicylic Acids.
3. The use of gentle cleansers and moisturizers should be continued allowing the skin to remain healthy and peel at its own rate as the underlying "new" skin is exposed.



4. Itchiness is a common side effect of this procedure. **Do not scratch or itch the skin.** Rather, apply gentle pressure to skin to relieve irritation.
5. For at least one week post treatment exposure to the sun or bright indoor light, including tanning beds, should be avoided.
6. Advise your skin therapist regarding any outdoor activities you have planned within two weeks of your treatment.
7. Regardless of your level of outdoor activity, full spectrum sunscreen must be applied (minimum SPF 30) at least once a day. If daily cumulative outdoor activity exceeds 2 hours, sunscreen should be reapplied and then reapplied for each additional 2 hours of exposure.
8. Advise your skin therapist or physician if any of the following apply to you: active or dormant eczema, allergy to aspirin or other salicylates, current cigarette smoker, or if you have any form of active or dormant herpes.
9. Skin should be properly prepared 4 weeks prior to the first Salicylic Peel as advised by your skin therapist or physician.
10. If applicable: discontinue Accutane 6 months prior and/or discontinue Retin A or Renova 4 weeks prior to treatment. If you have not done this you should NOT have a Salicylic Peel.

Post peel home care is paramount to the success of your treatment. Daily applications of sunscreen (SPF 30 or higher) and skin brightening serum are mandatory. The results of this procedure depend upon your compliance to these suggestions.

Jessner Peel Treatment

The Jessner peel is a treatment designed to exfoliate the superficial outer layers of skin. The treatment is chosen to assist in reduction of superficial wrinkles and scarring; improvement of the appearance of mature skin; rectification of sun damage, ageing, and acne prone skin; "drying-up" of active acne; dislodgement and purging of blackheads; and modification and lightening of pigment disorders. It is indicated for patients with mild to severe acne, melasma, moderate wrinkling, and actinic damage. Multiple areas can be treated at the same time, peeling the face, neck, hands or chest at the same time. Jessner Solution is not recommended for darker skin tones.

At the advice of your aesthetician, best results may require multiple treatments spaced two, four or six weeks apart accompanied by the steadfast use of a skin brightening agent and the persistent use of sun protection products. At your discretion we suggest a patch test applied behind the ear to gauge possible results. No guarantee is made or implied as to precise results, peeling time or discomfort.

The actual skin peeling is accomplished by utilizing an active chemical solution. Before application, your aesthetician will cleanse your face and apply a pre-treatment solution to remove the oil barrier and dead skin cells from the surface. This insures a more even and uniform peeling result. During treatment you may experience some discomfort such as stinging or warm flushing, similar to a burning sensation. This "feeling" generally fades within 5 minutes and should completely diminish before you leave the treatment room. Your skin therapist will utilize a fan to reduce this discomfort. Depending on your skin condition, your therapist may apply more than one coat of this formulation. *Jessner*



formulation is self limiting therefore, after applied it is allowed to dry and will not be removed from your skin in the treatment room as it continues to benefit the skin for several hours post treatment.

Following treatment you may feel a tightening of the skin and for several days afterward, in some instances weeks, you face may appear red and progressively become a deeper red, possibly tan to brown color, depending on your skin type and condition and application variances. For most patients, peeling begins to occur within 48 hours, however, with a light-superficial application, you may observe only one to two days of light flaking. It is impossible to know in advance how much peeling will occur. Deeper penetration may result in possible sensitivity for several hours afterward with some significant peeling for up to 10 days. Your skin may feel tight and dry. Redness may last for several weeks.

Your Responsibilities

1. Follow all instructions from your physician or skin therapist faithfully.
2. For at least one week post treatment exposure to the sun or bright indoor light, including tanning beds, should be avoided.
3. Advise your physician or skin therapist regarding any outdoor activities you have planned within two weeks of your treatment.
4. Regardless of your level of outdoor activity, full spectrum sunscreen must be applied (minimum SPF 30) at least once a day. If daily cumulative outdoor activity exceeds 2 hours, sunscreen should be reapplied and then reapplied for each additional 2 hours of exposure.
5. Advise your skin therapist or physician if any of the following apply to you: active or dormant eczema, allergy to aspirin or other salicylates, current cigarette smoker, or if you have any form of active or dormant herpes.
6. Advise your skin therapist or physician if you are currently taking any medication, or have begun taking new medications since your last treatment. Of particular interest are Accutane, Retin A or Renova.

Post peel home care is paramount to the success of your treatment. Daily applications of sunscreen (SPF 30 or higher) and skin brightening serum are mandatory. The results of this procedure depend upon you compliance to these suggestions.