

## Jessner Peel Home Care

Emergency phone numbers:

Mimi Barre (909) 792-4967. International Day Spa (909) 793-9080

Avoid abrasive scrubs and keratolytic topicals such as AHA and BPO for a day or two pre-peel.

You may want to take an anti-inflammatory analgesic such as aspirin or ibuprofen with a full meal one to two hours pre-peel to relieve discomfort.

Remove eye make-up and cleanse your face before your peel.

Have a friend drive you home. If you have questions, call the Spa or Mimi.

As whiteness diminishes, redness appears like sunburn and slowly darkens. The next day the skin color ranges from a dark brownish-red to a golden brown as the dead skin cells get ready to slowly separate from the deeper cell layers. You may have no peeling or you may peel for 5 to 7 days. Refrain from picking or tampering with your skin! Picking can lead to infection and weeks of pink and purple macular sores that are uncomfortable. The skin will exfoliate in sheer dark sheets on its own.

During the first evening post-peel, the skin may feel hot and feverish. You may want to seek relief with aspirin or ibuprofen every four hours. Tylenol lacks the anti-inflammatory properties to calm the sunburned feel.

The face should not be touched for 24 hours, though six hours post-peel (not before) the skin may be spritzed with ice water or Aloe-Mist in a refrigerated fine-mist spray bottle. Caution: Aloe Vera can sting some irritated skins and should be diluted or discontinued if not well tolerated.

The face may be gently cleansed on Day Two through Six with a Gentle or Sensitive Skin Cleanser. Crisco or Vaseline may be applied liberally. Avoid Neosporin or 'triple antibiotic' containing neomycin, which has a high rate of allergic reaction. Also avoid products containing fragrances and high amounts of paraben preservatives and sunblocks containing PABA, Padimate O, Oxybenzone and Benzophenone, which can be extremely irritating to freshly peeled skin.

Though one should adhere to strict sun avoidance post-peel, sunblock must be used if there is to be any sun exposure at all. Casual, passive and regular sun exposure is our most dangerous and damaging culprit, such as sun streaming through the windshield and side car windows. The least irritating sunblock for the post-peel patient contains titanium dioxide. (Murad Oil Free Sheer Tint)

Peeling or shedding can begin between the second and fifth day. Comedones and pustules already formed deep in the follicle are normal and may surface. This does not indicate an infection, which is characterized by pus-filled gold crusts and localized redness. Quite simply, the sheets of skin must not be 'helped along' and pulled off before they are ready. Heavy layers of Vaseline, Crisco, or Balm, discourage picking by their thick, occlusive, greasy nature as well as help relieve the tight dry mask-like sensation. As the skin sheds, constant pulling and picking can result in opening areas not ready to peel; this causes bleeding, rawness, redness, scabbing, a risk of infection and a slowdown of the healing process.

Once all skin has been shed, the skin must be treated delicately for several days, though normal daily skin care can be resumed. Topical exfoliants, medications and scrubs should be delayed for about two weeks and reintroduced gradually. Though daily use of sunblock should be 'a given' from birth, it is especially important now.

Murad Youth Builder, Pomegranate, and Wet Suit supplements speed healing. Drink plenty of water.

I have read the above information. All my questions have been answered. I do not have oral herpes or any condition that I am aware of that will make this service contraindicated.

Sign \_\_\_\_\_ print name \_\_\_\_\_

Parent's signature if patient is a minor \_\_\_\_\_

Esthetician's signature \_\_\_\_\_ date \_\_\_\_\_

Make 2 copies. Give guest one and staple one to the guest's chart.

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