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## JESSNER SOLUTION

The Jessner solution was developed and pioneered by Dr. Max Jessner, a German dermatologist. It is a combination of 14% w/v Resorcinol, Salicylic Acid, and Lactic Acid, in an ethanol base.

### Benefits

- Rejuvenates skin and improves skin texture
- Reduces acne scarring
- Helps with impacted comedones
- Reduces pigmentation issues
- Excellent safety profile
- Well tolerated for most skin types

### Contraindications

- Allergies to resorcinol
- Retin A or renova within 4 weeks
- Allergies to aspirin or salicylates
- Laser resurfacing within last 6 months
- Accutane within one year
- Hypersensitivity
- Dry, dehydrated skin
- Pregnancy or nursing
- Herpetic breakout (cold sore)
- Open wounds or suspicious lesions
- Cystic or inflamed acne
- Grade 3 and 4 acne

### Possible complications

- Product sensitivity
- Allergy
- Irritation
- Herpes simplex breakout
- Bacterial or viral infection

### Sensitivity, Medical conditions, and medications

- Review client medical history.
- Perform cutaneous examination.
- Must be off accutane for 6 months.
- Must be off topical vitamin A for 1 week.
- If predisposed to cold sores, start regimen of Zovirax or valtrex prior to and during the peel.
- Perform a patch test to check tolerance.
- If taking medications that makes skin photosensitive, you may have problems with PIH.
- Check for uncontrolled medical conditions such as diabetes.

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## JESSNER SOLUTION PEELING TECHNIQUES

### Skin Preparation

Skin preparation is a key step to any successful peel. The amount of preparation is dependant on skin type and condition. Preparation can impact penetration of the peeling agent and the overall efficacy of the peel. Preparation can also decrease the potential to develop post peel complications. Typical preparation products that are used 2 to 6 weeks prior to Jessner Solution peeling include:

- Retinoids (Retin A, Tazorac, Retinol). Discontinue use of retinoid therapy 3 days prior to performing jessner peel.
- Bleaching agents such as Hydroquinone, Kojic Acid, Azelaic Acid, Arbutin etc.
- AHA's such as Glycolic, and citric acids

### Application of Jessner Solution

- The skin is usually degreased with alcohol .
- The Jessner solution is applied with 2x2 guaze pads, cotton balls, or Q-tips. (2x2 guaze pads are preferred)
- Start at the cheeks and work from the medial to lateral areas, followed by chin and forehead.
- Superficial peeling usually requires only two layers of Jessner solution. Additional layers will increase depth of peeling.
- Neutralization is not required. Water soaked pads may offer comfort to the client.
- Visible precipitation may appear on skin surface.
- The extent of erythema and desqamation following the peel is usually determined by the type of pre-peel preparation, and how many layers are applied.
- After final layer has been applied, wait 10 to 15 minutes for warming and/or stinging to subside, then apply a very light layer of petrolatum ointment , or a lightweight bland moisturizer.
- Some experienced peelers will apply a vitamin A lotion to client in place of the ointment or benign lotion. The vitamin A lotion can help to speed up, and allow for motre even peeling process.

### Post Peel Care

- Mild to moderate erythema and peeling is usually resolved within 4 – 7 days.
- Skin may feel tight for the first few days.
- Some areas of the skin may darken until the skin has completely peeled.
- Use mild cleanser and lightweight moisturizer (Cetaphil) 2x daily. A light layer of petrolatum may be used on extremely dry, or cracked areas. Do not use harsh or active products.
- Do not pick, pull or tear skin during the peeling process.
- Vinegar soaks can be used several times a day. 1 tablespoon white vinegar to 1 pint warm water.
- Continue the pre-peel skincare conditioning regimen only after peeling has subsided. This will help maintain peel results longer.
- Wear broad spectrum sunscreen spf 30+
- Schedule a follow up visit with your skin care specialist or physician.