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MODIFIED JESSNER SOLUTION

A Modified Jessner solution is a superficial to medium-depth chemical peel that works to improve skin health by helping remove and heal skin damage that is more extensive. It was designed to remove superficial layers of the skin, dry out active acne, dislodge blackheads and improve the overall appearance of sun-damaged, acne prone or aging skin. It is a combination of Salicylic Acid 17%, Lactic Acid 17%, and Citric Acid 8%, in an ethanol base.

Benefits

- Rejuvenates skin and improves skin texture
- Reduces acne scarring
- Helps with impacted comedones
- Reduces pigmentation issues
- Smooths fine lines and wrinkles.

Contraindications

- Allergies to Citric Acid
- 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
- Hyperpigmentation. Especially with darker skin types.
- Allergy
- Irritation
- Infection
- Scarring
- 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.

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 peeling include:

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

Application of Modified Jessner Solution

- The skin is usually degreased with alcohol.
- The Modified Jessner solution is usually 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.
- One or multiple layers of solution may be applied depending on skin type and condition.
Superficial peeling usually requires only two layers of solution. Additional layers will increase depth of peeling.
- After the process, cool 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 skin type, the type of pre- peel preparation, and how many layers are applied.
- Apply a bland lightweight moisturizer with sunscreen.

Post Peel Care

- Redness, stinging, skin flaking and irritation is to be expected after a chemical peel. Peeling usually involves redness, discolorations, flaking and/or scaling that usually ends within seven to ten days.
- Bland cleansers and moisturizers are essential. Do not use harsh or active products.
- Avoid sun exposure as much as possible during the peeling process. Afterwards, be sure to wear SPF 30 if going outside
- Do not pick, pull or tear skin during the peeling process.
- Normal skincare regimen can continue only after peeling has subsided.
- Schedule a follow up visit with your physician or skincare specialist