



### Three Step Peel Pre & Post Care Instructions

#### Pre Peel:

- Gentlemen: Shave the treatment area one day before your scheduled treatment, unless instructed otherwise.
- Do not use the following products on the treated area for **3 days before** treatment: scrubs, exfoliation products, bleaching creams, retinoids (Retin-A) or any similar vitamin A compounds or irritating agents.
- Do not apply any creams, lotions, perfume or makeup etc. on the area to be treated, prior to treatment.
- Do not pick, rub or scratch any scabs or dry skin that may appear. This may cause unwanted side effects such as darkening of skin and/or scarring.
- If you must cancel or reschedule your appointment, please contact the office at least 24 hours in advance. Otherwise, a cancellation fee will be applied. This is due to a high demand for the treatment time.
- You are not a candidate if you are pregnant, breastfeeding or on topical or oral antibiotics.

#### Post Peel:

- Avoid washing your face for at least 5 hours after your peel, we prefer you wait until the following morning if you can.
- **Step 1:** The day after your peel, wash your face with your ZO cleanser, gently wash 30-40 seconds. Rinse and pat dry.
- **Step 2:** apply the entire packet of ZO Retinol Crème' and massage into the skin.
- **Step 3:** Apply a thin layer of Hydrating Crème'. Use at least 3 times a day.

Redness, stinging, itching, mild swelling, flaking and peeling are all normal signs after a peel and vary based on patient response.

The skin will generally start peeling 2-3 days after you have had the ZO peel treatment. You may peel up to 5 days, in rare cases longer.

Avoid direct sun exposure for 7-10 days following the peel.

Sunscreen may be applied after the skin has completely healed.

Besides the Retinol Crème' included with your peel, do not use alpha hydroxy acids, beta hydroxy acids, benzoyl peroxide, retinoids or other vitamin A compounds or any irritating products until the skin is healed.

We suggest coming in for a dermaplane 7-10 days post peel. Many patients also benefit from a Hydrafacial 2-3 weeks post peel.

Avoid procedures such as hair removal, microdermabrasion and laser treatment in the treated area until the skin is completely healed.