

ZO 3 Step Peel Pre/Post Care Instructions

- ✓ To enhance results, start on a ZO® program based on your skin type **4-6 weeks prior** to having your first peel. Hydroquinone 4% plus Tretinoin of .1% or .05% may be used in patients with a high risk for pigmentation problems.
- ✓ Discontinue the use of topical retinoids and tretinoin (such as Retin-A®, Renova®, Differin®, Tazorac® and Refissa®), AHA's / BHA's, benzoyl peroxide, and other potentially irritating products **3-4 days prior to peel.**
- ✓ Avoid laser hair removal, electrolysis, waxing and the use of depilatory creams for **5-7 days prior to peel.**
- ✓ Avoid having the peel until skin has completely healed from any procedures, such as IPL, lasers or microdermabrasion.
- ✓ If you have a history of herpes infection you will need to start an anti-viral medication (i.e. Zovirax®, Famvir® or Valtrex®) **1 day prior to this peel and continue for 7 days.**
- ✓ **The day after the peel:** Wash the face or treated area with the cleanser from your ZO® daily skin care program. Apply the 2nd packet of Retinol Crème. Apply a thin layer of Calming Crème. (Calming Crème may be applied 3 times daily or more often, if needed.)
- ✓ Redness, stinging, itching, mild swelling, flaking and peeling are all normal signs after the peel and vary based on patient responses.
- ✓ Exfoliation generally will start 2-3 days after treatment and end by approximately day 5.
- ✓ Avoid rubbing, scratching or peeling/picking the skin with your fingers while healing.
- ✓ Avoid direct sun exposure for at least 7-10 days following the peel. Sunscreen may be used after the skin has completely healed.
- ✓ Besides the Retinol Crème, do not use alpha hydroxyl acids, beta hydroxyl acids, benzoyl peroxide, retinoids and other potentially irritating products until the skin is healed.
- ✓ Avoid strenuous exercise and sweating and procedures, such as facials, hair removal, microdermabrasion and lasers until skin is fully healed.
- ✓ After skin is healed, return to your ZO® daily skin care program.

Please contact the office if you have any questions or concerns.

