

## Treatment Instructions for ZO 3-Step Peel

*Disclaimer: You are not a candidate if you are pregnant, breast feeding or have open sores in the treatment area.*

### Pre-Treatment Instructions:

- You must start on a pre-treatment program for 4-6 weeks prior to having your first peel. Melamin and Melamix + Tretinoin may be used in patients with a high risk of hyperpigmentation.
- If you have a history of cold sores, please inform your provider prior to treatment. The doctor will need to write a prescription to pre-treat to eliminate the chances of you developing a cold sore post treatment.
- Reschedule your appointment at least 48 hours in advance if you have a severe rash, cold sore or blemish in the treatment area.
- Do NOT use the following products 3 days prior and 5-7 days after your treatment (or until pinkness has subsided): Retin-A, retinoids, or similar vitamin A compounds, harsh scrubs or glycolic, salicylic, benzoyl peroxide and bleaching creams (unless instructed otherwise by your provider).
- Gentlemen: Shave the treatment area one day before your scheduled treatment (unless instructed otherwise by your provider).
- Avoid laser hair removal, electrolysis, waxing, threading, and use of depilatory creams for 5-7 days prior to peel.
- Do not apply any creams, lotions, perfume or makeup etc. on the area to be treated, prior to treatment.
- Avoid tanning or prolonged sun exposure 2 weeks before and after treatment. Sun may cause adverse reactions, as well as make your pigmentation worse.
- Avoid Botox at least 1 week prior and 1 week after treatment.
- Avoid dermal fillers at least 2 weeks prior and 2 weeks after treatment.

### Post-Treatment Instructions:

- Avoid washing your face for at least 5 hours after the peel. It is recommended to wait until the next morning.
  - Step 1: The morning after your peel, wash your face with Gentle Cleanser for 30-40 seconds, rinse and pat dry.
  - Step 2: Apply the second packet of Retinol Stimulating Crème.
  - Step 3: Apply a thin layer of Revivatrol.
- Revivatrol may be applied 3 times daily or more often if needed.
- Avoid direct sun exposure for 7-10 days following the peel. You may apply your sunscreen after the skin has completely healed.
- Besides your Retinol Crème, do NOT use AHA (alpha hydroxyl acids), beta hydroxy acids, benzoyl peroxide, retinoids, or similar vitamin A compounds or any irritating products until the skin is healed.
- Avoid procedures such as facials, hair removal, microdermabrasion and laser treatment in the treated area until the skin is completely healed. After skin is healed, return to your daily skin car regimen.
- Avoid rubbing, scratching, or peeling/picking the skin until the skin is healed.

- Avoid strenuous exercise and sweating until the skin is completely healed.

**What to Expect:**

- 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 and you may peel up to 5 days, in rare cases longer.