



## ZO 3-Step Peel Treatment Instructions

### **Pre-Treatment**

- Discontinue the use of alpha hydroxyl acids (AHA/BHAs), benzoyl peroxide, retinols and other potentially irritating products 3-4 days prior to peel unless otherwise instructed by provider.
- 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, laser, or microdermabrasion (usually at least 2 weeks).
- If you have a history of herpes zoster infection (cold sores), you may wish to start an anti-viral medication on the day prior to your peel and continue for 7 days.
  - Your provider can assist with getting you this prescription if needed.
- Please arrive to your appointment with a clean face with NO makeup.

### **Post-Treatment**

- Do not wash your face for at least 5h after your treatment.
- The evening of your treatment:
  - Wash your face with a gentle cleanser
  - Apply the remaining Retinol packet to the entire face, rub in well
  - Apply thin layer of hydrating cream
- The morning after and in the evenings (until peeling is done):
  - Wash with gentle cleanser
  - Apply 2 pumps of Daily Power Defense (or other gentle moisturizer)
  - Apply thin layer of hydrating crème (can be applied 2-3x/day)
  - Apply sunscreen (am only)
- Sunscreen should be worn daily starting the day after your procedure.
- Redness, stinging, itching, mild swelling, flaking, and peeling are all normal signs after the peel and vary based on patient responses.
- Peeling will usually start 2-3 days after treatment and usually lasts 5 days.
- Avoid rubbing, scratching, peeling/picking the skin while healing. You may use cuticle scissors to trim off excess pieces of flaking skin.
- Avoid direct sun exposure for at least 7-10 days following the peel.
- Avoid strenuous exercise and sweating until skin is completely healed.
- Avoid procedures such as facials, hair removal, microdermabrasion, and laser until skin is fully healed. (at least 2 weeks, but consult with your provider)
- Avoid "active" skincare products until skin is healed (i.e. AHA, Glycolic, Retinol, etc)
- Once the peeling has stopped (5-7 days) you may resume your normal routine.



**Your experience and satisfaction are incredibly important to us at Beauty FX.  
If you are ever unhappy with your treatment for any reason, please let us  
know so we can do our best to make it right.**