



## **ZO 3-Step Peel Post-Care Instructions**

- Avoid washing face or treated area for at least 5 hours after the peel. Preferably, wait to wash face until the morning after the peel
- **The day after the peel:**
- Wash face or treated are with a gentle cleanser. Wash face gently for 30-40 seconds. Rinse and pat dry., do not rub.
- Apply entire packet of Retinol Creme.
- Apply a thin layer of Revitrol.
- Revitrol 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 and peeling generally will start 2-3 days after treatment and ends by approximately day 5.
- Avoid rubbing, scratching, peeling, or 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 Creme, do not use alpha hydroxy acids, beta hydroxy acids, benzoyl peroxide, retinoids and other potentially irritating products until the skin is healed.
- Avoid running water directly on your face while showering.
- Avoid strenuous exercise and sweating until the skin is completely healed.
- Avoid procedures, such as facials, hair removal, microdermabrasion and lasers in treated area until the skin is fully healed.
- After skin is healed, return to your daily skincare regimen.
- Skin may appear darker while skin is peeling, this is completely normal
- You can use scissors to clip off hanging skin, put do not pull off.

For a medical emergency please call 911. If you have any questions or concerns, please call our office at 970-242-8177

Laser Technician \_\_\_\_\_