

ZO 3-Step Peel Pre-Treatment

- Patients will likely experience a heat sensation as the peel activates on the skin. Immediately after the peel, your skin may have a yellow tinge due to the color of the product that is being applied. This will wash off when you cleanse your skin. Approximately 48 hours after the treatment, your skin will start to peel. If peeling occurs the process may last anywhere from 3 to 7 days depending on the skin type and number of layers applied to the skin.
- **Please let your specialist know if you have any of the following concerns:**
 - Active herpes simplex or warts in area to be treated
 - 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.
 - Wounded or sunburned in the area to be treated
 - Currently lactating or pregnant
 - History of radiation therapy in area to be treated
 - Allergies to salicylates
- Patient needs to pre-treat skin 4-6 weeks prior to receiving the 3 step peel, using a form of retinol and possibly hydroquinone, based on your skincare specialist's instructions.
- Pre-Care Instructions (one week before your peel):
Avoid the following procedures: electrolysis, waxing, depilatory creams, laser hair removal and sun exposure.
Cease using any exfoliating products that may be drying or irritating, such as salicylic acid, alpha hydroxy acid, and glycolic acid.
Pre-Care Instructions (three days before you peel):
Cease using your Retinol Complex, Retin-A, Renova®, Differin® (Adapalene 0.1%) or any products containing Retinol, AHA or BHA, Glycolic or Benzoyl Peroxide.
- Downtime/Recovery: Skin may take on a sunburned appearance. Possible peeling and redness may last approximately three to seven days. Do not peel back or pick at shedding skin. Avoid sun exposure 7-10 days after peel is applied, wear SPF 30 or up everyday. Return to normal skin care routine after skin is fully healed and peeling has subsided.