

Patient Name

3-Step Peel Performed By

Procedure Date

General Patient Guidelines After ZO 3-Step Peel®

- 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:**
 1. Wash face or treated area with the cleanser from your ZO Skin Health program. Wash face gently for 30-40 seconds. Rise and pat dry.
 2. Apply entire packet of **Retinol Crème Complex**.
 3. Apply a thin layer of **Hydrating Crème**.
- **Hydrating 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 will generally begin 2-3 days after treatment and end by 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 Crème Complex**, 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 skin is completely healed.
- Avoid procedures, such as facials, hair removal, microdermabrasion and lasers until skin is fully healed.
- After skin is healed, return to your daily ZO® Skin Health program.

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