

ZO 3-Step Peel

Patient Instructions

- Avoid washing face or treated area for at least 5 hours after the peel. Preferably, wait to wash your face until the morning after the peel.
- The day after the peel:
 - Wash your face or treated area with the cleanser from your daily ZO Skin Health program. Wash your face gently for 30-40 seconds. Rinse and pat dry.
 - Apply entire packet of Retinol Creme Complex.
 - Apply a thin layer of Hydrating Creme.
- Hydrating Creme 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 your response to the treatment.
- 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 Creme 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.

After Care Tips:

- The level of peeling may vary from flaking to heavy peeling. You will peel as much as your skin needs to peel.
- Your skin may experience slight irritation, itchiness, or inflammation.
- Dark spots may temporarily darken during the peeling process.
- Acne purging may be noticed as impurities are brought to the skin's surface.
- Avoid rubbing, pulling, picking, and peeling the skin.
- Avoid activities that cause excessive sweating for 3-5 days after your peel treatment.
- Avoid hot water when cleansing your skin.
- Stay hydrated and drink lots of water.
- After applying each towelette, wash hands with soap and water.

For any additional post care questions, please call us at 540-323-7254 and visit us at blossomaesthetic.com

