



## **ZO 3-Step Peel®** Post Care

### Post-Treatment 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:
  1. Wash face or treated area with the cleanser from your daily ZO® Skin Health program.  
Wash face gently for 30–40 seconds. Rinse 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 your 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