



3-STEP PEEL

PRE AND POST CARE

PRE-TREATMENT CARE

- To enhance results, start on a ZO® program based on your skin type 4-6 weeks prior to having your st peel. Hydroquinone 4% plus Tretinoin of .1% or .05% may be used in patients with a high risk for pigmentation problems.
- Discontinue the use of topical retinoids and tretinoin (such as Retin-A®, Renova®, Dierin®, Tazorac® and Ressa®), AHA's / BHA's, benzoyl peroxide, and other potentially irritating products 3-4 days prior to peel.
- Avoid laser hair removal, electrolysis, waxing and the use of depilatory creams for 5-7 days prior to peel.
- Avoid having the peel until skin has completely healed from any procedures, such as IPL, lasers or microdermabrasion.
- 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.

If you have any questions before or after your appointment, you can email us at info@lakeshoreskinandbody.com or call/text us at 906-273-0512. Thank you for choosing Lakeshore Skin + Body!



POST-TREATMENT CARE

- **The day after the peel:** Wash the face or treated area with the cleanser from your ZO® daily skin care program.
- Apply the 2nd packet of Retinol Crème. Apply a thin layer of Calming Crème. (Calming Crème may be applied 3 times daily or more often, if needed.) Redness, stinging, itching, mild swelling, aking and peeling are all normal signs after the peel and vary based on patient responses.
- Exfoliation generally will start 2-3 days after treatment and end by approximately day 5.
- Avoid rubbing, scratching or peeling/picking the skin with your ngers 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, do not use alpha hydroxyl acids, beta hydroxyl acids, benzoyl peroxide, retinoids and other potentially irritating products until the skin is healed. Avoid strenuous exercise and sweating and procedures, such as facials, hair removal, microdermabrasion and lasers until skin is fully healed.
- After skin is healed, return to your ZO® daily skin care program.

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