

PRE/POST TREATMENT INSTRUCTIONS

ZO Skin - 3-Step Peel

Important **PRE-TREATMENT** Information:

Who may not be suitable for treatment:

- *If you are pregnant or breastfeeding
- *If you have a cold sore/Herpes Simplex flare up in the treatment area
- *If you are sunburnt or windburned at the time of treatment
- *If you have had excessive sun exposure in the last 48 hours
- *If you have previously experienced an adverse reaction to a chemical peel
- *If you are currently on Isotretinoin (Roaccutane) or your course has finished less than 3 months ago as this can increase the risk of scarring
- *If you have an auto-immune condition
- *If you have recently had or are currently undergoing radiotherapy or chemotherapy
- *If you have a large area of broken skin in the desired treatment area
- *If you have had a laser treatment in the last 4 weeks.

Please contact us immediately on 02380 556600 if you are booked in for this treatment and any of the above apply to you.

Do's & Don'ts Before Your Appointment:

- Please don't use any active ingredients on your skin during the 5 days before your appointment. Active ingredients include (BHAs, AHAs, Retinol/Tretinoin, Vitamin C – Please contact us if you are unsure)
- Ensure you come to your appointment with NO MAKE-UP on
- Please prepare your skin with your practitioner recommended skincare regime
- Do not have any facial laser treatments 4 weeks
- Do not wax, have electrolysis, or use hair removal creams on your face for 1 week before your appointment.

Important **POST-TREATMENT** Information:

- Your skin may be red and flushed after the treatment
- Please use the products given (6% Retinol & Hydrating Crème) post peel as directed by your practitioner
- Be super gentle with your skin, especially for the first 7 days post treatment. Do not rub aggressively. When drying your face, pat gently with a towel
- You can re-start your active skincare ingredients 4-7 days after your treatment as long as the skin does not appear irritated, and any peeling/flaking has stopped
- Avoid fragranced skincare products for one week as these can aggravate the skin
- Avoid extreme temperatures (Saunas, steam rooms, sunbeds, hot showers/baths) and UV radiation for one week after your treatment
- Avoid excessive sweating/exercise for 24 hours after treatment
- Avoid waxing, hair removal creams and laser treatments for 2 weeks after your treatment
- Avoid chlorinated water / swimming for one week
- No make-up for 72 hours until all peeling has finished
- Ensure you wear SPF 30 and above.

**If you are at all worried after your treatment, please contact us on our
24/7 emergency helpline: 07979108508.**