

AESTHETICS
BY
SALLY

Aftercare Advice
ZO Medical 3 Step Peel

Following Treatment:

- Avoid washing your face or treated area for a least 5 hours. Preferably, wait to wash the morning after the peel.
- The day after peel
 1. Wash the face or treated area with the cleanser from your ZO® daily skin care programme. Wash face gently for 30-40 seconds. Rinse and pat dry.
 2. Apply the 2nd half of ZO® Retinol Stimulating Crème.
 3. Apply a thin layer of ZO® Calming Crème
- ZO® Calming 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 generally will start 2 to 3 days after treatment and ends by approximately day 5.
- Avoid rubbing, scratching and do not peel or pick 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 ZO® retinol crème, do not use alpha hydroxy acids, beta hydroxy acids, benzoyl peroxide, retinoid 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 laser until skin is fully healed.
- After skin is healed, return to your daily ZO® daily skin health programme.

If you have any concerns please contact Sally via email:
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