

# ELOPOULOS

PLASTIC SURGERY & MED SPA

## ZO 3 Step Peel

### Pre

1 month before peel, prep with Skin Brightening System from ZO

### Post

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.

### Day after peel

1. Wash face or treated area with the cleanser from your daily ZO Skin Health program.
2. Apply entire packet of Retinol Crème Complex
3. Apply a thin layer of Hydrating Crème.

Hydrating Cream can be applied as often as needed

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.