



## Pre Peel Patient Consent and Instructions - Zo Medical 3 Step Peel

### Pre-Treatment Instructions

1. **Initial**\_\_\_\_\_ Discontinue the use of alpha hydroxyl acids, benzoyl peroxide, retinols and other potentially irritating products 3-4 days prior to peel
2. **Initial**\_\_\_\_\_ Avoid laser hair removal, electrolysis, waxing and the use of depilatory creams for 5-7 days prior to peel.
3. **Initial**\_\_\_\_\_ Avoid having the peel until skin has completely healed from any procedures, such as IPL, laser, or microdermabrasion.
4. **Initial**\_\_\_\_\_ If you have a history of herpes infection will need to start an anti-viral medication on day prior to this peel and continue for 7 days. General Guidelines After Peel
5. **Initial**\_\_\_\_\_ Avoid washing face or treated area for at least 5 hours after the peel. Preferably wait to wash the morning after the peel.

### Post-Treatment Instructions

1. **Initial**\_\_\_\_\_ Wash the face or treated area with the gentle cleanser from your Skinlogic daily skin care program. Wash the face gently for 30-40 seconds. Rinse and pat dry.
2. **Initial**\_\_\_\_\_ Apply the 2nd half of the Retinol Cream.
3. **Initial**\_\_\_\_\_ Apply a thin layer of Moisturizer Cream.

4. **Initial**\_\_\_\_\_ Redness, stinging, itching, mild swelling, flaking, and peeling are all normal signs after the peel and vary based on patient responses.
5. **Initial**\_\_\_\_\_ Exfoliation generally will start 2 to 3 days after the treatment and ends approximately day 5.
6. **Initial**\_\_\_\_\_ Avoid rubbing, scratching, peeling/picking the skin with your fingers while healing.
7. **Initial**\_\_\_\_\_ Avoid direct sun exposure for at least 7-10 days following the peel. Sunscreen may be used after the skin has completely healed.
8. **Initial**\_\_\_\_\_ Besides the retinol crème, do not use alpha hydroxy acids, beta hydroxy acids, benzoyl peroxide, retinoid and other potentially irritating products until the skin is healed.
9. **Initial**\_\_\_\_\_ Avoid running water directly on your face while showering.
10. **Initial**\_\_\_\_\_ Avoid strenuous exercise and sweating until skin is completely healed.
11. **Initial**\_\_\_\_\_ Avoid procedures, such as facials, hair removal, microdermabrasion, and laser until skin is fully healed.

**Initial**\_\_\_\_\_ After skin is healed, return to your daily Skinlogic skincare routine.

#### **Contraindications**

1. **Initial**\_\_\_\_\_ Active herpes simplex or warts in the area to be treated
2. **Initial**\_\_\_\_\_ Wounded or sunburned in the area to be treated
3. **Initial**\_\_\_\_\_ Currently pregnant or lactating

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

