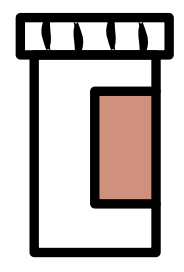


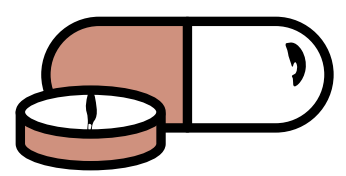
PEELS POST-CARE POLICIES

Please read these instructions in full to ensure you are not missing important information. Following post-care will not only reduce the chances of complications and speed healing time, but will also product better results.



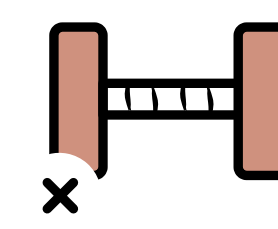
Medications

Avoid all medications/supplements/foods/alcohol (unless medically necessary) that were listed in the [Pre-Care Policies](#) until swelling and bruising has healed.



Pain Relief

If you experience a need for pain relief, please use Tylenol (unless it is contraindicated to a condition you have or medication you are taking).



Exercise

Avoid exercise until swelling/bruising has healed to prevent increasing circulation and prolonging the healing process.



Bruising/Swelling

If you experience bruising/swelling, take Arnica until it subsides. Always follow the instructions on the label and do not take it if it is contraindicated with any of your medications/medical conditions (such as high blood pressure).



Sunlight must be avoided for at least two weeks following your peel. Please ensure to wear sunscreen daily for incidental exposure.



5 hours after treatment

- Avoid washing face or treated area for at least 5 hours after the peel.
- Preferably, wait to wash until the morning after the peel.



First 24 hours after treatment

- Wash the face or treated area with the cleanser from your daily ZO®Skin Health program. Wash face gently for 30-40 seconds. Rinse and pat dry.
- Apply the 2nd packet of Retinol Crème Complex.
- Apply a thin layer of Hydrating Crème.
 - Hydrating Crème may be applied 3 times daily or more often, if needed.
 - Redness, stinging, itching, mild swelling, flaking and peeling are expected and may vary in intensity for each individual.
 - Exfoliation generally begins 2-3 days after treatment and ends by day 5.



Until bruising has healed

- Avoid rubbing, scratching, or peeling/picking the skin with your fingers while healing. You may use scissors to clip hanging skin.
- Skin may appear darker while healing, which is normal.
- Avoid direct sun exposure for at least 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.