



PEELS PRE-CARE POLICIES

!	<ul style="list-style-type: none">Do not come on an empty stomach. Please arrive ready for treatment (clean face, no makeup, hair secured away from the face).
!	<p>ZO chemical peels require 6 weeks of preconditioning using a specific ZO regimen for best results. If you are interested in a peel, please call or email us so we can help you get ready prior to booking your appointment.</p>



For one week before treatment

- Avoid laser hair removal, electrolysis, waxing, and the use of depilatory creams for at least one week prior to your appointment.



For five days before treatment

- Mark your calendar to discontinue the use of all skin care products except for ZO gentle cleanser, Daily Power Defense, and sunscreen at least 5 days prior to your peel.
 - It is especially important that you discontinue any topical retinoids, tretinoin, alpha hydroxy acids, beta hydroxy acids, benzoyl peroxide, or other potentially irritating products so that your skin is not irritated at the time of your peel. If you are prescribed any skin care products, please contact your prescribing physician before stopping them abruptly.
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For three days before treatment

- Please ensure your skin has completely healed from any procedures, such as IPL, lasers, or microdermabrasion, before having your peel. If you are not fully healed from another procedure at least 3 days prior to your peel, please contact our office.
- If you have a history of herpes infection (cold sores), you will need to start an anti-viral medication 1 day prior to this peel and continue taking it for the full prescribed course. If you need a prescription, please contact us a few days prior to your peel.

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