




# Chemical Peel – Pre & Post Care Instructions





BEFORE your treatment:

 **MUST NOT** have new permanent makeup or injectables on or near the treatment area. Please ensure you have allowed adequate time (at least 2 weeks) since injectables or permanent makeup for the areas to heal and settle.


 **USE SUNSCREEN** with an SPF of at least 30 daily. Excessively tanned or burned skin cannot be treated. Sun exposure must be avoided two weeks prior to treatment.


 **AVOID** any irritants on and around the area, such as any products containing Hydroquinone, bleaching creams, Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids or astringents for at least two weeks prior to treatment.


 **DO NOT** use self-tanning agents for at least two weeks before any treatment. If you have used these products, thoroughly cleanse the area with an abrasive/exfoliating scrub to remove all product two weeks prior to treatment.


 **DO NOT** pluck or wax the area at least one week prior to your Chemical Peel. **DO NOT** use bleach or “Nair”-type products on the area for two weeks prior to treatment. This can cause irritation and burns to the skin.

AFTER your treatment:

 **AVOID** excessive sun exposure and tanning beds for at least 24 hours after treatment. Daily sunscreen with an SPF of at least 30 is vital to protecting your new luminous skin!

 **AVOID** any irritants on and around the area, such as any products containing Hydroquinone, bleaching creams, Retin-A, retinol, benzoyl peroxide, glycolic/salicylic acids or astringents for at least one week after your Chemical Peel.

 **DO NOT** pluck or wax the area at least one week after your Chemical Peel. **DO NOT** use bleach or “Nair”-type products on the area for two weeks prior to treatment. This can cause irritation and burns to the skin.

 **USE** ZO Skin Health Effects Exfoliating Polish or Vitascrub and Effects TE/Cebatrol Pads to maintain optimal results, relieve peeling and further decongest the skin for ultimate results. Approximately 48 hours after treatment, your skin may start to peel. This peeling will generally last 2-3 days. **DO NOT PICK OR PULL THE SKIN.**

NAME: \_\_\_\_\_ DATE: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_

Your referrals are greatly appreciated. We will send you a \$50 gift certificate towards your next treatment for each friend or relative that you refer to us.

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