

Piscataqua Plastic Surgery and Skin Care

330 Borthwick Avenue, Suite 206
Portsmouth, NH 03801 603-431-5488

ZO® Medical 3 Step Stimulation Peel™

Patient Instructions

General Guidelines *Before Peel*

- To enhance results, start on a ZO® program based on your skin type 4-6 weeks prior to having your first peel. Melamin™ and Melamix™ plus tretinoin may be used in patients with a high risk for pigmentation problems.
- Discontinue the use of topical retinoids and tretinoin (such as Retin-A®, Renova®, Differin®, Tazorac®, and Refissa®) 3-4 days prior to peel.
- Discontinue the use of alpha hydroxy acids, beta hydroxy acids, benzoyl peroxide, retinols and other potentially irritating products 3-4 days prior to peel.
- Avoid laser hair removal, electrolysis, waxing and the use of depilatory creams for 5-7 days prior to peel.
- Avoid having the peel until skin has completely healed from any procedures, such as IPL, laser or microdermabrasion.
- If you have a history of herpes infection will need to start an anti-viral medication (i.e. Zovirax®, Famvir® or Valtrex®) one day prior to this peel and continue for 7 days.

Contraindications

- Active herpes simplex or warts in the area to be treated
- Wounded or sunburned in the area to be treated
- Currently pregnant or lactating
- History of radiation therapy in the area to be treated
- Allergies to salicylates

I have read and fully understand the instructions and guidelines to follow before and after having the ZO® Medical 3 Step Stimulation Peel™. I further acknowledge that the instructions and guidelines were explained to me and all questions were answered to my satisfaction.

Patient Signature

Date

Technician Signature

Date