



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: _____

Please call us at 206-523-4444 if you have any questions or concerns.