



76 Webster St. Manchester, NH 03104
603-232-5421

ZO® 3-STEP PEEL™

The 3-Step Peel is a professional peel and must be performed in a physician's office by a licensed skincare professional.

Step 1 of the system's three steps is the peel itself, which is formulated to remove the outermost layer of skin. Composed of salicylic acid (17%), trichloroacetic acid (10%) and lactic acid (5%), the peel also contains saponins to minimize inflammation and glycerin for hydration.

Step 2 is application of the Stimulating 6% Retinol Creme. Applied after the peel solution, the cream works to stimulate cellular function at a deep skin level. The results include collagen enhancement as well as firming and wrinkle reduction.

Step 3 refers to the application of the Hydrating Crème Post Procedure Skin Relief. This cream works to minimize inflammation and irritation that may result from the first two steps, as well as restore the moisture balance of the skin. You can take the cream home to apply twice daily following the in-office treatment to speed the healing process.

"The most unique thing about the new 3-Step Peel is that post treatment peeling is very mild or even unnoticeable in many cases, as most of the dead cells are removed by the twice daily washing following the peel. There is minimal or no downtime with this peel, and your skin will look healthier very quickly," said Dr. Obagi.

General Guidelines BEFORE peel

- ♥ To enhance results, start on the ZO® program based on your skin type 4-6 weeks prior to having your first peel. PIGMENT CONTROL + BLENDING CRÈME 4% HQ – RX plus REFISSA (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, retinol, 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 procedure, such as IPL, laser or microdermabrasion.

- ♥ If you have a history of herpes infection, you will need to start an anti-viral medication one day prior to this peel and continue for 7 days.

General Guidelines AFTER peel

- ♥ Avoid washing your face or treated area for at least 5 hours after the peel.
- ♥ The day after the peel:
 1. Wash the face or treated area with the cleanser from your daily ZO daily skin care program. Wash face gently for 30-40 seconds. Rinse and pat dry.
 2. Apply the 2nd packet of the ZO® Retinol Stimulating CRÈME.
 3. Apply a thin layer of ZO® Hydrating CRÈME.
- ♥ ZO® Hydrating CRÈME may be applied 3 times daily or more often or as needed.
- ♥ Redness, stinging, itching, mild swelling, flaking and peeling are ALL normal signs after the peel and vary based on patient responses.
- ♥ Exfoliation generally will start 2-3 days after treatment and ends by approximately day 5.
- ♥ Avoid rubbing, scratching, or peeling/ picking the skin with your fingers while healing. **YOU WILL CREATE SCARRING & HYPERPIGMENTATION!**
- ♥ Avoid direct sun exposure for at least 7-10 days following the peel. Sunscreen may be used after the skin has completely healed. **VERY IMPORTANT!**
- ♥ Besides the ZO® Retinol CRÈME, do not use alpha hydroxy acids, beta hydroxy acids, benzoyl peroxide, and 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 laser until skin completely and fully healed.
- ♥ After skin is healed, return to your daily ZO® daily skin health program.

Results vary from patient to patient and treatment recommendations vary depending on your skin goals.

If any questions or concerns, please call our office 603-232-5421