

## POLYCLINIC PLASTIC SURGERY

1229 MADISON ST, SUITE 1600

SEATTLE, WA 98104

PH: 206.860.5582

# Vitalize Peel® & ZO® 3-Step Peel

## Pre and Post Care Instructions

### Pre-Treatment Instructions:

- 4 DAYS BEFORE treatment: AVOID topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, Salicylic Acid, or other “anti-aging”, and “acne” products.
- DO NOT waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.
- Inform your provider if you have a history cold sores (herpes) to receive advice on antiviral therapy prior to treatment.
- Do not have a Vitalize Peel® or a TCA Peel if you are pregnant, breastfeeding, or allergic to any of its ingredients.
- Please inform your provider if you have any questions about this prior to the treatment.

### Immediately After Treatment:

- **If receiving the peel in the AM:**
  - Leave the peel on all day. Wash your face with a mild cleanser (i.e. ZO Hydrating/Gentle Cleanser) that evening.
- **If receiving the peel in the PM:**
  - Leave the peel on overnight. Wash it off the following morning, using only your hands (no washcloth, loofah, brush, etc.).
  - *If you experience extreme discomfort, you may wash the peel off prematurely, however, you may lose some or all of the effectiveness of the peel.*
- DO NOT rinse or wash the face or use any skin care products during this leave-on period.
- **AVOID UV exposure.**
- You may experience some tenderness, similar to a mild/moderate sunburn that can last for a few hours or a few days.
- Redness and swelling are normal.
- **AVOID exercise or strenuous activities** (with the exception of light walking) for the first 24 to 48 hours following treatment.

### Days following your peel

- Wash face with a gentle cleanser (ZO Normacleanse/Foamacleanse) using your hands only.
- AVOID using a Clarisonic® or any facial brushes or devices for a minimum of 5 to 7 days.
- Gently pat dry skin.
- **3-Step Peel only** Apply entire packet of Retinol Crème
- Apply a sunscreen with an SPF of 35 or higher and a barrier cream (i.e. ZO Revitrol, Epionce Calming Cream) as recommended by your aesthetician to protect, soothe and hydrate the skin. Apply as often as needed for comfort.
- 48-72 hours after your office visit the peeling process should begin. The degree of physical peeling is variable.
- Do not pick or pull on the skin. Let the skin shed as its own rate.
- After this peeling phase, your skin may look or feel like a mild windburn for the next 2 to 3 days.
- You may apply liquid makeup once skin has stopped aggressively peeling. Mineral powder is acceptable during peeling if necessary.
- Up to one week, mild to moderate flaking will occur.
- Avoid glycolic acids, Vitamin C, scrubs, Tretinoin (Retin-A), and Retinol creams for 7 to 10 days.
- Avoid sun exposure and sun lamps.
- Wait a minimum of 3 to 4 weeks (or as directed by your provider) before receiving any additional skin care or laser treatments.

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**Please contact us at 206.860.5582 if you have any questions or concerns.**