



The following instructions will help you achieve the best results from your **ZO 3-Step Peel™** treatment. Please take a moment to review this information prior to your treatment.

Please inform your provider about any topical/oral medications or health conditions that may affect this treatment.

**1-2 days before receiving treatment, if you have a history of facial cold sores please:**

- Start taking an anti-viral medication 1-2 days prior and 7 days after your peel.

**48 hours before receiving treatment, please avoid the following:**

- Neurotoxin treatment (i.e., Botox®, Dysport®, Xeomin®, etc.)
- Discontinue use of topical retinoids and tretinoin 3-4 days prior to peel.
- Discontinue use of alpha hydroxy acids, beta hydroxy acids, benzoyl peroxide, retinols, and other potentially irritating products 3-4 days prior to peel.

**1 Month before receiving treatment, please avoid the following:**

- Chemical Peels
- Microneedling
- Non-ablative resurfacing treatments per the skin care professional's assessment

**6 Months before receiving treatment, please avoid the following:**

- Facial surgery

**1 Year before receiving treatment, please avoid the following:**

- Accutane® (Isotretinoin)
- Chemotherapy or radiation therapy

**24 hours after receiving treatment please:**

- Wash your face with a gentle cleanser and apply moisturizer.
- Avoid sun exposure 7-10 days

**2-3 days after receiving treatment:**

- Redness, stinging, itching, mild swelling, flaking and peeling are normal.
- You may peel up to 5 days.
- Apply SPF 30 or higher after your skin is completely healed.

**We want you to be completely happy with your visit to Eterna!  
Call the office with any questions or concerns 253.268.3400 or after hours at  
253.249.6949**

**If you are pleased with the service you received today, we invite you to post a review on  
Yelp or Google.**