



**PRE AND POST CARE INSTRUCTIONS
PROFESSIONAL EXFOLIATION
(Superficial to Medium-depth Chemical Peels)**

Pre Treatment

- Avoid the sun or sunless treatment products 3-4 weeks prior to your treatment.
- If you have a history of herpetic lesions, a prophylactic anti-viral may be started prior to treatment.
- Avoid prescription and over the counter topicals (Retin-A, AHA's, etc) to the proposed treatment site for 3-7 days prior to treatment.
- Allow 2 weeks of healing time from Botox, Dysport, Filler injections, or laser services prior to treatment within the same area.
- Please notify us if your medical history has changed, if you are taking antibiotics, any new medications, pregnancy, etc. This may change your treatment plan.
- Refrain from waxing, depilatories, or aggressive exfoliation for 1-2 weeks prior to treatment.

Post Treatment

- Immediately after a peel your skin may experience temporary irritation, tightness, or redness. These are all normal reactions that typically resolve within 24 hours depending on skin sensitivity.
- Post 24 hours you may wash the treated area gently with mild cleanser. Avoid direct stream of running water on your face while showering. The area should not be rubbed with a face cloth or towel but patted dry.
- Please ensure that the area is well hydrated with frequent applications of a moisturizer as recommended by your provider (e.g. ZO Hydrating Crème or iS Clinical SHEALD).
- **ZO 3 Step Peel:** 24 hours post peel gently cleanse your face and pat dry. Apply the entire package of the 6% Retinol Crème Complex. You may then apply the Hydrating Crème as needed to control comfort and hydration.
- **Do not pick at or pull off the skin that is peeling.** Let it come off by itself. This is **very important** as premature removal of skin can lead to scarring and discoloration. Aquaphor ointment and/or 100% aloe vera gel may also be applied to soothe and moisten the skin.
- Do not use any abrasive cleansers, exfoliates, topicals (e.g. Retin-A®, Differin®, Tazorac®, AHA's), or any other potentially irritating products for two weeks post treatment or as directed by your provider.
- Sun exposure is to be avoided throughout the course of treatment. A physical sunscreen with an SPF 30 or greater should be applied daily. The treatment area is more susceptible to sunburn, sun damage and hyperpigmentation.
- Avoid excessive heat or friction to the treated area including hot baths, saunas, excessive sweating, and heavy exercise for 10 days post chemical peel.
- Do not wax hair for at least 2 weeks from the area of treatment.
- Provided that there is no persistent redness, irritation, blistering or crusting present in the area treated, you may resume all normal activities.

Please contact your provider immediately if you notice any blistering, rash, crusting, pus, tenderness or any other changes that may concern you.

**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 206.661.2913.**