



R U M A  
*aesthetics*

# 3 STEP PEEL

## PRE AND POST CARE

### PRE-TREATMENT CARE:

- MUST be using ZO .5% retinol everyday for 6 weeks before treatment.
- Please avoid at-home exfoliating within 3 days prior to your treatment, such as; at-home dermaplaning, shaving, chemical peels, masks. Please speak with your skin health provider about products or treatments you're currently using at home prior to your treatment to ensure the best outcome.
- No active herpes simplex or warts in the area to be treated.
- No wounded or sunburned in the area to be treated.
- History of radiation therapy in the area to be treated.
- Allergies to salicylates.
- You cannot be pregnant or nursing.

### POST-TREATMENT CARE:

- To maximize your treatment during the first 2 weeks, we recommend using Alastin Regenerating Skin Nectar to help with the healing process.
- Avoid makeup and sunscreen for 24 hours.
- DO NOT PICK- avoid picking and scratching the treated area to achieve your best results. Use scissors to clip hanging skin.
- Avoid running water directly on your face while showering; strenuous exercise and sweating until the skin is completely healed. Avoid procedures such as facials, hair removal, microdermabrasion and lasers until skin is fully healed.
- Day 1-3 redness, stinging, itching, tightness, mild swelling, flaking and peeling are all normal signs after the peel and vary.
- Skin may appear darker while healing, which is normal.
- Avoid direct sun exposure for at least 7-10 days following the peel to best allow skin to fully heal. If at any time throughout the healing process direct sun exposure cannot be avoided, apply Broad-Spectrum SPF 50 protection as necessary.

**If you have any questions before or after your appointment, you can email us at [info@rumaesthetics](mailto:info@rumaesthetics) or call/text us at 801-514-7650.**

**Thank you for choosing RUMA Aesthetics!**