



R U M A  
*aesthetics*

# ZO 3 STEP PEEL

## PRE AND POST CARE

### PRE-TREATMENT CARE:

- You MUST be using a ZO .5% retinol every day for 6 weeks before treatment.
- Stay hydrated and avoid coming in on an empty stomach. This will also help provide comfort during your appointment.
- Please avoid at home exfoliating 3 days prior to your treatment, such as; at-home dermaplaning, shaving, masks and retinols. 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.
- Inform Medical Aesthetician if you have been on accutane in the last 6-8 months.
- Inform Medical Aesthetician or consult with your doctor if you are on any medications that could prolong wound healing, or affect coagulation.
- Avoid antibiotics for 2 weeks prior to treatment.
- Please keep in mind injections can be performed after any 3 Step Peel treatment. You must wait 1-2 weeks after you have been injected to receive a 3 Step Peel treatment.
- Avoid extended sun exposure/UV, i.e. beach, travel to sunny locations, sunbathing, sports, outdoors, long car rides in the sun, etc. and use a SPF 35 or higher 14 days leading up to treatment.
- No history of radiation therapy in the area to be treated.
- No allergies to salicylates.
- No cold sores, open wounds, or warts in the area to be treated.
- You cannot be pregnant or nursing.
- No self tanner for 2 weeks leading up to treatment.

### POST-TREATMENT CARE:

- To maximize your treatment, we recommend using Alastin Regenerating Skin Nectar or Plated Intense Serum to help with the healing process.
- Slight itchiness and irritation may be felt, similar to a sunburn, for up to 72 hours post treatment. Skin may appear darker while healing; which is normal.
- You can expect peeling for 10-14 days post treatment. Please avoid any active ingredients such as, retinols, Vitamin C, and acids, until the skin is fully healed.
- 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 healing.
- Avoid makeup and sunscreen for 24-48 hours.
- Avoid exercise/sweating for 7-10 days or until the skin is fully healed.
- Avoid excessive heat for 24-48 hours.
- Protect your skin from the sun/UV for 10-14 days post treatment.
- Stay well hydrated.
- Avoid self tanner for 7-10 days post treatment.
- Avoid alcohol for 72 hours.

**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!**