



RENU  
Aesthetics

# ZO 3 STEP PEEL

## PRE AND POST CARE

### PRE-TREATMENT CARE:

- This peel requires a 5-week prep with ZO's 0.5% retinol before treatment.
- Women who are pregnant/nursing should not receive this chemical peel.
- Avoid waxing, dermaplaning, microdermabrasion, chemical peels, masks, and shaving 3 days prior to treatment.
- No active herpes simplex in the area to be treated.
- Avoid direct sun exposure/tanning beds for 2 weeks prior to your appointment. No sunburn or wounds in the area to be treated.
- Stay hydrated and well-nourished prior to treatment.

### POST-TREATMENT CARE:

- To maximize your treatment, we recommend adding Exosomes to your treatment + applying Alastin Regenerating Skin Nectar a few times a day to aid in the healing process and to reduce redness, itching, stinging.
- Avoid makeup and sunscreen for the first 24 hours. Apply Broad Spectrum SPF 50 daily after the first 24 hours.
- Avoid direct sun exposure for 7-10 days post peel.
- Avoid active ingredients (i.e., glycolic/salicylic acid, retinol, hydroquinone) until your skin is back to baseline.
- Do not pick!
- Avoid strenuous exercise, excessive temperatures (sauna), and direct running water on your face, until your skin is completely healed.
- Peeling typically begins on day 2 or 3, and is completed by day 7.
- Skin may appear darker while healing, which is an anticipated reaction.
- The 3-Step Peel should be repeated 3 times a year for deeper repair. Dr. Obagi's advice ~ "Get three, 3 Step Peels a year and you will never age!"

**If you have any questions before or after your treatment, email us at [info@renuaesthetic.com](mailto:info@renuaesthetic.com) or call/text us at 541-218-3370. Thank you for choosing RENU Aesthetics!**