



Pre-Peel Instructions

3 - 5 days prior to the Chemical Peel appointment (MD&P, Vitalize® peel, Rejuvenize® Peel, or ZO® 3-Step peel) the patient must STOP using any of the following:

- Tretinoin (any strength)
- Epiduo®
- Differin®
- Salicylic Acid or Glycolic Acid Cleansers/ Toners: Including SkinMedica® AHA / BHA Cleanser • ZO® Oilacleanse • Glytone® Daily facial Cleanser • ZO® Cebatrol Pads • Glytone® Toner Prep
- Retin-A® (any strength)
- Aczone®
- Atralin®
- **Tazorac® (** This should be stopped a FULL 5 days prior to the peel!**)**
- Acanya®
- Any form of Retinol: Including ZO® Retamax • Avène® Retrinal • SkinMedica® Retinol Complex • as well as over the counter retinol products, e.g., Oil of Olay®, Lancôme®
- ZO® Brightenex
- ZO® Growth Factor Serum
- ZO® Daily Power Defense
- Lytera®
- **Additionally, One Week Prior to the peel the patient should avoid the following:**
 - Electrolysis
 - Facial waxing or Threading
 - Depilatory Creams
 - Laser hair removal
 - Excessive Sun Exposure (a sunburn or redness to the skin)

Patients who are interested in receiving injectable treatments (Botox® / Dermal Fillers) must either have the treatments done 2 full days prior to the peel, or must wait until the peeling is complete.