

# ZO® 3-Step Peel™ Patient Guide

## Clinical Pre- & Post-Treatment Instructions

The ZO® 3-Step Peel™ is a potent, medical-grade treatment designed to treat deeper skin concerns. Unlike "lunchtime" peels, this is a highly effective treatment for melasma, sun damage, and fine lines that results in significant peeling and skin transformation.

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### 1. Why the 3-Step Peel? (Clinical Benefits)

This peel does more than just exfoliate the surface; it is a **clinical skin-remodeling treatment**.

- **Deep Stimulation:** It utilizes a blend of TCA, Salicylic, and Lactic acids to remove the outermost layers of skin.
- **The 6% Retinol "Power Boost":** Step 2 of this treatment involves a high-potency Retinol Crème that stimulates collagen (I and III) and elastin deep within the dermis.
- **Barrier Restoration:** It improves the skin's ability to repair itself and maintain moisture long after the peeling has stopped.

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### 2. Recommended Treatment Series

While you will see a "glow" after one peel, correcting specific skin pathologies usually requires a series.

Concern	Recommendation	Clinical Goal
<b>Acne &amp; Texture</b>	3 treatments, 4 weeks apart.	To clear congestion and smooth post-inflammatory scarring.
<b>Anti-Aging / Fine Lines</b>	2–3 treatments, 4–6 weeks apart.	To stimulate fibroblast activity and firm the skin.
<b>Pigment &amp; Melasma</b>	3–4 treatments, 4 weeks apart.	To lift deep pigment and "quiet" overactive melanocytes.
<b>Maintenance</b>	2 treatments per year.	To sustain collagen levels and skin clarity.

### 3. Pre-Peel Priming (Mandatory)

- **The 4-6 Week Rule:** Your skin must be strengthened with a daily ZO® regimen (including a Retinol or Tretinoin) for at least 4 weeks to ensure even penetration and rapid healing.
- **7 Days Prior:** Stop all Retinols, AHAs, BHAs, and Benzoyl Peroxide.
- **Avoid Irritation:** No waxing or laser hair removal 7 days prior.

### 4. The Recovery Routine & Timeline

Timeline	Expectation	Required Action
Day 1–2	Skin looks "bronzed" and feels tight.	Apply <b>Revitalizing Crème</b> 3–4x daily. No washing for first 12–24 hours.
Day 3–5	<b>Heavy Peeling.</b> Skin will shed in sheets, starting around the mouth.	<b>DO NOT PICK.</b> Let it fall naturally to avoid scarring/dark spots.
Day 7–10	Peeling concludes. New skin is revealed.	Resume mineral SPF 30+. You may resume gentle ZO maintenance products.
Day 14	Skin is fully recovered.	<b>Resume high-potency "actives"</b> (Retinol, Tretinoin, Acids).

### 5. Essential Safety Rules

- **No Manual Peeling:** Forcing skin to peel before it is ready is the #1 cause of Post-Inflammatory Hyperpigmentation (PIH). Use small scissors to snip hanging skin if needed—**never pull**.
- **Heat Restriction:** Avoid heavy exercise, saunas, and steam for 72 hours.
- **Strict Photoprotection:** Your "new" skin has zero natural UV protection. Avoid direct sun for 14 days and wear a physical SPF daily.