

Pre and Post Treatment Instructions

NanoPeel®

For your safety and in order to obtain optimum results, the instructions below should be followed

- How to Prepare for your NanoPeel Treatment:
 - o ABSOLUTELY avoid any sunburn or suntan for 4 weeks prior to laser treatments. Treatment of tanned skin can increase the risk of blistering and/or permanent skin discoloration. PROLONGED SUN EXPOSURE IS TO BE AVOIDED FOR 4 WEEKS BEFORE AND AFTER TREATMENTS.
 - o Do not use any self-tanning lotions or spray tanning in the month prior to treatment.
 - o Stop using retinol for one week prior to treatment.
 - o You need to apply the numbing medicine given to you 30 minutes prior to your appointment. This topical numbing cream is applied to ensure optimal comfort during your procedure.
 - o Start Alastin Regenerating Nectar for two weeks prior to your treatment.
- What to Expect After your NanoPeel:
 - o You will leave with a light pink glow for the next 24 - 48 hours and are able to resume normal activity the same day.
 - o ZO Skin Health's Hydrating Creme needs to be applied constantly during the next 24 - 48 hours. It is important for the treated area to remain soft and pliable during healing. The skin should not be allowed to dry out.
 - o Cleanse the skin twice a day with a gentle cleanser. Immediately reapply Hydrating Creme.
 - o Within 24 - 48 hours the redness will have significantly improved. At this point, the Hydrating Creme can be discontinued.
 - o The skin will feel tight and may be itchy. Peeling or flaking may start on the 2nd or 3rd day following your treatment. NO MATTER HOW TEMPTING, DO NOT PICK OR SCRUB YOUR SKIN. Let the peeling occur naturally over the course of a few days.

- o Once the Hydrating Creme is discontinued, the new, healing skin needs to be properly cared for.
 - For one week, cleanse the skin with a gentle cleanser.
 - Sunscreen (minimum SPF 30) should be used daily. We offer safe, post-laser sunscreen. Ask the staff!
- o Avoid use of topical skin care products containing retinol, glycol acid or salicylic acid for 1 week.
- o Make-up can be used once the redness has resolved & the Hydrating Creme is discontinued.
- o PROLONGED SUN EXPOSURE IS TO BE AVOIDED FOR 4 WEEKS BEFORE AND AFTER TREATMENT. A total sunblock containing zinc oxide or titanium dioxide should be applied daily if you are in the sun. If further treatments are needed, a commitment to stay out of the sun is necessary. Sun exposure may cause certain complications such as permanent skin discoloration.

SUMMARY OF PRODUCTS NEEDED <i>*taxes not included</i>	
ZO Hydrating Creme (travel size)	\$53.00
EltaMD Sunscreen	\$30.00
Alastin Regenerating Skin Nectar	\$195.00