DERM & MANE
Medical Aesthetics

ZENA Algae Peel: pre- and post-care

Your comfort and skin safety are important to us. Please read these instructions carefully and contact the clinic if you are unsure whether a product, medication, or activity is appropriate.

Client name Treatment date Provider

Before Your Treatment

- ☐ Follow the exact ZENA product protocol. Product versions and methods may differ; follow current manufacturer instructions and your provider's individualized directions.
- ☐ Tell your provider about allergies or sensitivities, including reactions to skincare, algae/seaweed, botanicals, or listed ingredients; also disclose pregnancy/breastfeeding, cold sore history, skin conditions, healing concerns, medications, supplements, and recent procedures.
- ☐ Arrive with clean skin and, unless advised otherwise, without makeup or heavy skincare on the treatment area.
- ☐ Avoid sunburn and intentional tanning. Contact the clinic if skin is sunburned, irritated, broken, infected, or unusually sensitive; treatment may need to be postponed.
- ☐ Ask your provider how long to pause retinoids, exfoliating acids, benzoyl peroxide, scrubs, or other irritating products. Do not stop prescribed medication unless your prescribing clinician advises you to.
- ☐ Avoid waxing, aggressive exfoliation, or other resurfacing procedures for the interval specified by the product instructions and your provider.
- ☐ Tell your provider about any new medication, illness, skin reaction, or recent cosmetic procedure before treatment.

On The Day Of Treatment

- ☐ Update your health and skincare history and disclose any new symptoms or changes.
- ☐ Confirm the exact ZENA product, treatment steps, expected skin response, downtime, and written aftercare.
- ☐ Tell your provider immediately if you experience unexpected or intense burning, pain, dizziness, or another concerning symptom.

After Your Treatment

- ☐ Follow product-specific instructions first. Follow the current ZENA manufacturer directions and the clinic's cleansing schedule and guidance on when to resume skincare.
- ☐ Keep hands clean. Do not rub, scrub, pick, peel, or forcibly remove flaking skin; let shedding occur naturally.
- ☐ Use only the gentle cleanser, moisturizer, and other products approved by your provider. Avoid retinoids, exfoliating acids, scrubs, benzoyl peroxide, strong actives, and irritating products until your provider says it is safe to resume them.
- ☐ Protect treated skin from direct sunlight. Use broad-spectrum SPF 30+ sunscreen as directed when appropriate; hats and shade provide additional protection.
- ☐ Avoid tanning beds and intentional tanning. Avoid excessive heat, sweating, friction, or irritation for the period specified by your provider and product instructions.
- ☐ Do not schedule another peel, facial, waxing, laser, microneedling, or resurfacing treatment until your provider confirms the skin has recovered and timing is appropriate.
- ☐ Do not apply home remedies or unapproved products. Contact the clinic if you are unsure about a product or your skin's response.

What May Be Expected

Depending on the formulation and protocol, temporary prickling, tightness, redness, dryness, roughness, or flaking may occur. Visible peeling and downtime vary; some clients may have little visible peeling. Stronger irritation does not mean better results. Do not attempt to intensify the treatment at home.

When To Seek Help

Contact the clinic promptly for a concerning reaction. Seek urgent medical assessment for severe or worsening pain, significant blistering, rapidly spreading redness, marked swelling, pus, fever, eye exposure, or other serious symptoms. For difficulty breathing or severe facial/throat swelling, call emergency services.

Important Product-Specific Note

This is general guidance only. Current ZENA manufacturer instructions and your provider's written protocol take priority. Confirm the exact product, contraindications, treatment method, cleansing schedule, expected recovery, and restrictions before using these instructions with clients.

Client Acknowledgment & Personalized Plan

I confirm I received and had the opportunity to discuss the pre- and post-treatment instructions for my ZENA algae peel. I understand that aftercare may vary with the exact product and my skin response, and that I should contact the clinic or seek medical care if concerning symptoms develop.

Client printed name Client signature Date

Provider printed name Provider signature Date

Personalized Instructions

Exact ZENA product / protocol: _____

Cleansing may resume: _____

Products approved for use: _____

Products / activities to avoid and for how long: _____

Follow-up date / clinic contact: _____

Clinic notes: Educational template only. It does not replace product labeling, individualized clinical judgment, or medical advice. Customize it to the specific ZENA product and applicable professional and local requirements before use.