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THE ZO SKIN HEALTH SYSTEM: SKIN CARE REGIMEN

Below is a standard protocol for how the products in the system are used. Two to three weeks after beginning on the skin care regimen please arrange an office visit so that Dr. Bahi can evaluate your skin's reaction to the ZO MULTI-THERAPY system.

Preparing the Skin Morning: (AM)

1. **CLEANSER:** Use Foamacleanse or a gentle cleanser / foaming gel and apply to wet face and neck, rinse with lukewarm water and gently pat dry, avoid rubbing the skin with a towel.
2. **MELAMIN:** (1 pump) Apply to face avoiding nostrils and lip area.
3. **GLYCOGENT:** (1 pump) Apply evenly on the entire face and neck.
4. **OSSENTIAL DAILY POWER DEFENSE:** (1 pump) Apply evenly over the entire face.
5. **SUNSCREEN:** (Pea size amount) Apply evenly over the entire face.

Preparing the Skin in Evening: (PM)

1. **CLEANSER:** Use Foamacleanse or a gentle cleanser / foaming gel and apply to wet face and neck, rinse with lukewarm water and gently pat dry, avoid rubbing the skin with a towel.
2. **MELAMIN:** Apply to face avoiding nostrils and lip area.
3. **MELAMIX AND TRETINOIN:** Take a pea sized amount of both Melamix and **Tretinoin** (if prescribed), and mix together. Apply evenly on the entire face and neck, extending to the hairline, and over the ears. Avoid corners of the lips and creases around the nose. The Tretinoin should be used as often as recommended by Dr. Bahi.

Protecting your Skin:

Apply sunscreen in order to protect the skin from harsh UVA and UVB rays at all times. Prolonged sun exposure should be avoided while on the ZO Skin Health system.

Contact Information

It is our desire that your procedure be as smooth and pleasant as possible. Following these instructions for the use of this product is very important, if you have questions please call the office at 604-507-0514.