

# BLUE PEEL®

## Patient Instructions

Depending on the medical condition of your skin, one or more coats of Obagi Blue Peel® will be applied.

Some people may not require sedation. If the physician indicates sedation, you will need someone to drive you home. Without sedation, you will experience a mild burning sensation that lasts 2 to 3 minutes. A bluish tint may remain on your skin and will usually wash off in 12 to 24 hours. Your skin will begin to peel within 2 to 3 days and should be healed in an average of 7 to 10 days. Within 10 days, you should be able to resume normal activity.

## Home Care Instructions

Follow your physician's instructions and keep all follow-up appointments.

**First 7 to 10 days after the Obagi Blue Peel (or until skin is completely healed), use the Obagi Nu-Derm® System:**

- Wash face with Foaming Gel or Gentle Cleanser and tepid water twice a day (AM/PM)
- Apply a mixture of Action® (moisturizer) and Tolereen® (0.5% hydrocortisone) in equal parts 3 to 4 times a day
- For itching, use Tolereen as needed

Should oozing occur, soak gauze pads in a 3% hydrogen peroxide solution and dab the area as needed.

### To help achieve optimal results and healing:

**DO NOT PICK, RUB OR FORCE OFF SKIN.** Avoid the use of extreme facial expressions. Do not over-moisturize; keep skin dry. Avoid sun exposure and the use of sunscreens until healing has occurred; wear protective clothing, a hat and sunglasses. Avoid strenuous exercise and sweating. Do not allow water or shampoo to run onto the treated areas while bathing or showering. Sleep on your back. **DO NOT WEAR MAKEUP WHILE THE SKIN IS HEALING.** To maintain and enhance the results of the Obagi Blue Peel after healing is complete, resume treatment with the Obagi Nu-Derm System. Always use a broad-spectrum sunscreen daily. We recommend Obagi Physical UV Block SPF 32 or Healthy Skin Protection SPF 35.

For answers to questions pertaining to your treatment, contact

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