



## **Obagi Blue Peel Patient Instructions**

If the doctor indicates sedation or Valium, you will need someone to drive you home. You will experience a mild burning sensation that lasts a few minutes. A bluish tint will remain on your skin and will usually wash off in a few days. Your skin will begin to peel within 2-3 days and should be healed in an average of 7-10 days. Do not plan any social functions for 7 to 10 days.

Wear a dark-colored button-down shirt or a dark shirt with a wide neck. The blue tint may permanently stain your shirt. You may want to wear a headband for the first 7-10 days while you are applying ointment.

## **Post-Blue Peel Instructions**

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

For the first 7-10 days after the Obagi Blue Peel (or until skin is completely healed) follow this program using the Obagi Nu-Derm System:

### **Daily Routine (AM & PM)**

- Gently wash skin with Nu-Derm Foaming Gel or and tepid (luke warm) water.
- Apply the 0.5% (or 1%) Hydrocortisone cream 3-4 times a day, for a week.
- For the first 2-3 days, while you are experiencing "crusting", also apply the Bacitracin Ointment. You may mix the two creams or apply the Hydrocortisone first. Do this 3-4 days a day.
- Should oozing occur, soak gauze pads in Hydrogen Peroxide diluted with equal parts of water and gently blot areas.

**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. You may shower. Sleep on your back. **DO NOT WEAR MAKE-UP WHILE SKIN IS HEALING.**

It is normal for the bluish tint to appear uneven and splotchy during the healing process.

### **Once your skin has healed ( 7 – 10 days post Peel)**

- Continue to Cleanse with your Obagi Foaming Gel Cleanser (AM & PM)
- You may begin to use Clear Step #3 and Healthy Skin Defense SPF.
- If there is no irritation then you can begin to introduce Blender #5 and Retin-A (PM)

**Please contact our office if you have any questions or concerns. (704) 424-5050**