

## **Obagi 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 doctor 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 12-36 hours. You can use the Blue peel cleanser that was given to you after your treatment to remove the remaining bluish tint.

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 or less, you should be able to resume normal activity.

### **Post-Blue Peel Instructions:**

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

For Day 1 and Day 2 after the Peel, apply only aquaphor ointment. Day 3 up to Day 10 (or until skin is completely healed) follow this program using either of the following skin care system: *TNS essential* or *TNS Recovery Complex* or *Obagi Nu-Derm*.

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

- Gently wash skin with gentle cleanser and tepid water
- Apply a mixture of Tolereen (0.5% Hydrocortisone) and Action (moisturizer) in equal parts 3-4 times a day
- OR
- Clinique Medical Recovery Complex (1.0 % Hydrocortisone) and Optimizing treatment cream

### **Additional Instructions:**

- Should oozing occur, soak gauze pads in a 3% hydrogen peroxide solution and dab the area as needed
- For itching use either Tolereen or Clinique Medical Recovery Complex

DO NOT PICK, RUB OR FORCE OFF SKIN. Avoid the use of extreme facial expressions. Do not over moisturize, keep skin dry. Avoid sun 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. Mineral makeup may be used while the skin is healing. TO enhance the results of the Blue Peel after the healing is complete, resume skincare treatment as directed by RN or Esthetician.

For answers to your questions pertaining to your treatment, contact \_\_\_\_\_ at **Robinson Facial Plastic Surgery (949) 831-5900 or marivic@drface.com**

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