

Post Procedure Instructions for Obagi Blue Peel

All About Aesthetics/ Dr. Deborah Hudak

- Patient May resume use of Obagi system 10 days post peel with the exception of Step 5 in the evenings (Blender and Tretinoin). Also at this point the Clear should only be used every other day.
- After 14 days, the patient may resume use of Step 5 (Blender and Tretinoin), in the evenings, every other day.
- At this point, both the Blender/Tretinoin as well as the Clear are only to be used every other day. The patient may alternate days with these products, if desired.
- When peeling, patient may use the Action and Tolereen Obagi products, as well as the iS Clinical Hydracool serum.

The Obagi Tolereen is a 0.5% Hydrocortisone cream that calms the itching, irritation and inflammation the skin may experience post peel.

The Obagi Action is a moisturizing, "feel good" lotion that temporarily relieves dryness associated with your peel.

The iS Clinical Hydracool Serum is a penetrating, moisturizing serum that hydrates the skin, yet does not inhibit the peeling process. It is a perfect product for post-procedure or post-peel calming, as well as a great product to have on hand. Other indications for its use include: sunburn, skin irritation, post-laser treatments, acne-calming, has excellent antioxidant protection and calms, soothes and cools irritated skin. This serum is gentle enough for even very sensitive skin.

- The only product not included in the cost of your peel is the iS Clinical Hydracool Serum.

The other two products we offer free to you with the purchase of your peel. The Hydracool serum is for the 15ml bottle and will last at least 6 months. The small trial-sized bottle is \$5.00 and will last about 1 week if used sparingly on the face only.