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## Patient Instructions

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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 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) Follow this program using 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 pack 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 MAKE-UP WHILE THE SKIN IS HEALING.** To enhance the results of the Obagi Blue Peel after healing is complete, resume treatment with the Obagi Nu-Derm® system.

For answers to questions pertaining to your treatment contact

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