
OBAGI BLUE PEEL®

Post-Operative Home Care Instructions

Follow instructions and keep all follow-up appointments.

- If you are having only the Blue Peel® (no surgery), **start cleansing 24 hours after treatment** until the skin has completely healed following instructions below.
- If you are having the Blue Peel® with surgery, on the day of your first Post Op appointment, get in the shower and let your bandages soak before removing them, wash your hair with your own shampoo and then wash your face following instructions below.
- Cleansing Instructions:
 - ✓ Wash face with Cetaphil cleanser using tepid water twice a day using hands only. Then apply Aquaphor. **Do not pick at peeling skin.**
 - ✓ For itching, or red, irritated skin use cortisone 10 cream or ointment 1%
 - ✓ Do NOT put ice directly on skin.

Should oozing occur, soak gauze pads in a 50/50 mixture of hydrogen peroxide and tap water and dab the area as needed.

To achieve optimal results and healing...

DO NOT PICK, RUB OR FORCE OFF SKIN. Avoid the use of extreme facial expressions. **Do not over moisturize; only use Aquaphor after cleansing.** Avoid sun exposure and use approved (chemical-free such as ELTA MD Physical) sunblock until healing has occurred. Wear protective clothing, a hat and sunglasses. Avoid strenuous exercise, avoid sweating. Sleep on your back with your head elevated. **Do not wear make-up while your skin is healing.** To maintain the results of the Obagi Blue Peel® after healing is complete, resume the use of prescribed products and treatments.

For answers to questions pertaining to your treatment, contact **Pamela at (714) 458-8283**. If you cannot reach Pamela, please call the office at (949) 720-3888.

Plee 7-2013