

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. 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.

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)	Additional Instructions
<ul style="list-style-type: none">• Gently wash skin with Nu-Derm® Foaming Gel or Gentle Cleanser and tepid water• Apply a mixture of Tolereen® (0.5% Hydrocortisone) and Action® (moisturizer) in equal parts 3-4 times a day	<ul style="list-style-type: none">• Should oozing occur, soak gauze pads in a 3% hydrogen peroxide solution and dab the area as needed• For itching use Tolereen® as needed

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 the healing is complete, resume treatment with the Obagi Nu-Derm System.

For answers to your questions pertaining to your treatment, contact

_____ at _____

Client Consent—Chemical Peels

I, _____, have read the below information and initialed each section to indicate that I fully understand what to expect. If I have any questions or concerns, I will address these with my skin therapist. I give permission to my skin therapist, _____, to perform the chemical treatment we have discussed and will hold him/her and his/her staff harmless from any liability that may result from this treatment. I understand my skin therapist will take every precaution to minimize or eliminate negative reactions such as blisters, sores, or other reactions, as much as possible. I do understand that, very rarely, permanent damage occurs. I have given an accurate account of any over-the-counter or prescription medications that I use regularly, and I am not presently using (nor have I used within the last year) isotretinoin (Accutane), Retin-A, Acyclovir or tranquilizers. I have not had any facial surgical procedures, piercings, tattoos, permanent cosmetics, or other chemical peels or skin treatments that I have not disclosed to my skin therapist. I am not ingesting or using topically any other over-the-counter product or prescription medication/agent that has not been disclosed to my skin therapist. I am not presently pregnant or lactating and I am over the age of eighteen (18). I have not had any recent radioactive or chemotherapy treatments, sunburn, windburn or broken skin. I have not recently waxed or used a depilatory (such as Nair) on the area to be treated. I do not have a history of keloidal scarring, diabetes, any auto immune disease, active herpes blisters, or any other existing condition that may interfere with the positive outcome of this treatment. _____

client initials

I understand that I should not have a chemical peel if I intend to continue to have excessive sun exposure. It has been explained to me that the treated area will be more sensitive to the sun as a result of the treatment and will require regular use of sunscreen. _____

client initials

I consent to the taking of photographs to monitor treatment effects, as desired or recommended by my therapist.

_____ client initials

My expectations are realistic and I understand that the results are not guaranteed and that for maximum results, more than one application may be required. The rate of improvement of my skin depends on my age, skin type and condition, degree of sun/environmental damage, pigmentation levels, or acne condition. _____

client initials

I understand that this procedure is expected to make the skin feel uncomfortable while being applied, but agree to inform the skin professional immediately if I have concerns or am overly uncomfortable during treatment or after I return home. _____

client initials

I agree that I am willing to follow recommendations by my therapist for home care. I will be responsible for following home regimens that can minimize or eliminate possible negative reactions, including recognizing the importance of adhering to a sunscreen and avoiding the sun/tanning booths and extreme weather conditions. I agree to use a moisturizer specifically recommended by my therapist and I acknowledge that I have been informed of the possible negative reactions (intense erythema, welts, scabs) and the expected sequence of the healing process (dryness, irritation, redness, and peeling of the skin). In the event that I may have additional questions or concerns regarding my treatment or suggested home product/post-treatment care, I will consult my therapist immediately.

_____ client initials

I understand the potential risks and complications and have chosen to proceed with the treatment after careful consideration of the possibility of both known and unknown risks, complications, and limitations. I agree that this constitutes full disclosure, and that it supersedes any previous verbal or written disclosures. I certify that I have read, and fully understand the above paragraphs and that I have had sufficient opportunity for discussion to have any questions answered.

Client Name (printed) _____

Client Name (signature) _____ Date _____

Esthetician _____ Date _____