

Anticipated Reactions – Post Peel

- Healing is usually painless
- Some swelling may occur – usually around the eye area
- Swelling varies according to the depth of the peel and the degree of skin laxity
- Skin will feel tight which is normal
- Skin will darken before it starts to peel in 2-3 days maybe longer for deeper peels
- There may be occasional itching and discomfort due to dry skin, please contact your skincare professional if you are concerned

Please note the following:



It is recommended to sleep with your head elevated for the first couple of nights after a facial peel.



Avoid any sun exposure.



Avoid unnecessary facial expressions!



Avoid exercise that will bring about perspiration.



Do not allow water to jet and hit the peeled areas directly. Avoid water or shampoo running onto the peeled area. Rinse well any shampoo that may have trickled down the face. Do not rub the peeled area.



Avoid any unnecessary touching of the face or rubbing, scratching or peeling away loose skin as it may leave a scar and may cause hyper pigmentation. Clip loose skin with fine scissors.



Continuation of antiviral and antibiotic treatment to prevent herpes simplex and acne outbreak in susceptible patients is essential.



It is important to cleanse the skin following your normal routine and pat dry with a clean towel. Spray Thoclor F1 4-5 times daily to accelerate healing and apply Obagi Hydrate when very dry and avoid overuse.



After seven days start the post peel Obagi programme. Further peels maybe considered to maintain results/achieve even better results.

Obagi Blue Peel Protocols - Post Treatment Programme

		Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	AM	Cleanser	Cleanser + Clear	Cleanser	Cleanser + Clear	Cleanser	Cleanser + Clear	Cleanser
	PM	Cleanser	Cleanser	Cleanser + Blender + Tretinoin	Cleanser	Cleanser + Blender + Tretinoin	Cleanser	Cleanser
Week 2	AM	Cleanser	Cleanser + Clear	Cleanser	Cleanser + Clear	Cleanser	Cleanser + Clear	Cleanser
	PM	Cleanser + Blender + Tretinoin	Cleanser + Blender + Tretinoin	Cleanser + Blender + Tretinoin	Cleanser + Blender + Tretinoin	Cleanser + Blender + Tretinoin	Cleanser + Blender + Tretinoin	Cleanser + Blender + Tretinoin
Week 3	AM	Cleanser + Toner + Clear	Cleanser + Toner + Clear	Cleanser + Toner + Clear	Cleanser + Toner + Clear	Cleanser + Toner + Clear	Cleanser + EToner + Clear	Cleanser + Toner + Clear
	PM	Cleanser + Toner + Clear + Blender + Tretinoin	Cleanser + Toner + Clear + Blender + Tretinoin	Cleanser + Toner + Clear + Blender + Tretinoin	Cleanser + Toner + Clear + Blender + Tretinoin	Cleanser + Toner + Clear + Blender + Tretinoin	Cleanser + Toner + Clear + Blender + Tretinoin	Cleanser + Toner + Clear + Blender + Tretinoin
Week 4	AM	Cleanser + Toner + Clear + Blender + Tretinoin	Cleanser + Toner + Clear + Exfoderm	Cleanser + Toner + Clear + Exfoderm	Cleanser + Toner + Clear + Exfoderm	Cleanser + Toner + Clear + Exfoderm	Cleanser + Toner + Clear + Exfoderm	Cleanser + Toner + Clear + Exfoderm
	PM	Cleanser + Toner + Clear + Blender + Tretinoin	Cleanser + Toner + Clear + Blender + Tretinoin	Cleanser + Toner + Clear + Blender + Tretinoin	Cleanser + Toner + Clear + Blender + Tretinoin	Cleanser + Toner + Clear + Blender + Tretinoin	Cleanser + Toner + Clear + Blender + Tretinoin	Cleanser + Toner + Clear + Blender + Tretinoin

For week 4, add in Exfoderm as tolerated resume full protocols programme, as advised by your skincare professional