

## What is a Blue Peel Radiance?

Blue Peel RADIANCE is the new addition to the Obagi medical range. It contains a unique blend of acids to provide a gentle but effective peel, resulting in tighter, smoother, brighter-looking skin immediately after just one use. Salicylic acid-based peels are used to improve patient outcomes for a range of skin conditions, including acne scarring, photo damage, and melasma. Blue Peel RADIANCE effectively exfoliates the uppermost damaged skin layers, leaving your skin fresh, renewed, and radiant.

## What results can I expect?

- Obagi Blue Peel RADIANCE can improve your skin's look, texture, and feel, in a matter of minutes.
- Superficial exfoliation, with little to no downtime
- Provides instant radiance—tighter, smoother, brighter-looking skin after just 1 use although a series of 4 to 6 peels provides best overall results. It is particularly effective, in the treatment of photo damage, and results in an overall improvement in texture and tone. It may also be beneficial in the treatment of darker skin with pigmentary changes.

## What does the procedure involve?

A test application of the peel solution is applied on a small area of skin before proceeding to a large area.

Once all traces of make-up are removed, the hair is secured away from the face with a headband. Once the patient is comfortable in a reclining position, the lips and corners of the eyes are then covered with a small amount of petroleum jelly or a moisturizer to protect these sensitive areas. To ensure protection of the eyelid area, a piece of gauze can be placed over each eye.

### Step 1

The Blue Peel Radiance Prep Solution is then applied to clean, dry skin, and the skin is left to dry completely.

### Step 2

The first layer of Blue Peel Radiance is applied in a systematic pattern of application in order to achieve even results. The patient may experience mild tingling for the duration of the application. This is normal. For a very light peel, only 1 layer of product is applied. For incremental desquamation of the stratum corneum, up to 2 layers are applied. If, after waiting 30-60 seconds, the skin has tolerated the first layer, a second application is applied in the same pattern.

If significant reactions (strong burning or stinging, significant discomfort, erythema) arise and do not subside after 3-5 minutes, a second layer of the peel is not applied. The peel remains on the skin for up to 10-12 minutes after application of the first layer. The peel is then removed by applying Nu-Derm Gentle Cleanser with a sponge or gauze and then rinsing with water.

### Step 3

A nonchemical sunscreen is then applied to the patient's skin. Obagi recommends Rosaclear® Skin Balancing Sun Protection SPF 30.

## How do I prepare my skin prior to the peel?

Patients should avoid use of the following products and procedures on the area to be peeled for 5-7 days prior to the peel:

- Laser hair removal
- Waxing
- Depilatory creams
- Electrolysis

There are certain products that may increase skin sensitivity and/or cause a stronger reaction to the peel if used up to the day of the peel. Patients should avoid use of the following products for the 3 days prior to the peel:

- Topical retinoids and tretinoin (such as Retin-A®, Renova®, Differin®, Tazorac®, and Refissa®)
- Other topical acids or exfoliants that may be drying or irritating to the skin (such as alpha hydroxy acids [AHAs], beta hydroxy acids [BHAs], exfoliating masks, retinols, hydroquinone, and benzoylperoxide acne products)

**CAUTION:** Patients who have recently had any medical aesthetic facial treatments or procedures (laser treatment, microdermabrasion, etc) should wait to have any acid-based peel until all lingering skin sensitivity has subsided. Avoid using BHA-containing products on infants and children.

### How do I care for my skin post peel?

While Blue Peel RADIANCE is formulated to be gentle, you may experience mild peeling and redness on your journey to revealing fresh, glowing skin. In fact, you should see noticeable results after just 1 treatment. Follow these important steps to help keep your skin protected and healthy while your peel takes effect:

Use sunscreen with an SPF of at least 30 at all times for at least a week. Ideal options include: Nu-Derm® Sun Shield SPF 50, Nu-Derm Healthy Skin Protection SPF 35, Nu-Derm Physical UV Block SPF 32, or Rosaclear® Skin Balancing Sun Protection SPF 30. It is recommended that you continue to use these products to help protect your skin and maintain the benefits of the peel even after the initial week.

Avoid direct sun exposure. Too much sun exposure may cause improper healing and in some cases may reverse the benefits of the peel.

Treat the skin gently—DO NOT exfoliate—though you may experience mildly dry, red, or flaking skin for several days or more after your peel. Do not pick at peeling skin. The dead skin will naturally slough off.

Avoid alpha- and beta-hydroxy acid products, retinoids, retinols, and facial products containing fragrance for a few days after the peel. Instead, use Obagi Therapeutic Moisturizer or Hydrating Complexion Corrector.

Please consult with your physician prior to returning to your normal skin care regimen (usually 5-7 days after application of Blue Peel RADIANCE).

### What are the contraindications to treatment?

Common contraindications include:

- Active cold sores, herpes simplex, or warts in the area to be treated
- Wounded, sunburned, or excessively sensitive skin within the application area
- Currently pregnant
- Product is not intended for home or unsupervised consumer use. To be
- Used only by a licensed medical professional (a physician, or an aesthetician or nurse under a physician's supervision).
- Dermatitis or inflammatory rosacea within the peel application area
- Accutane® use within 12 months prior to the peel application
- History of radiation therapy in the application area
- Allergies to salicylates