

1. A bluish tint may remain on your skin and will usually wash off in 12-96 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.
2. First 7 to 10 days after the Obagi Blue Peel® use one of the following programs:
 - A. If using Obagi Nu-Derm® System:
 1. Wash face with Foaming Gel or Gentle Cleanser and tepid water twice a day (AM/PM).
 2. Apply a mixture of Action® (moisturizer) and Tolereen® (0.5% hydrocortisone) in equal parts 3 to 4 times a day.
 3. For itching, use Tolereen® as needed.
 - B. If **not** using Obagi Nu-Derm®:
 1. Wash face with a gentle cleanser twice a day (AM/PM)
 2. Apply a gentle moisturizer 3 to 4 times a day.
3. Should oozing occur, soak gauze pads in a 3% hydrogen peroxide solution and dab the area as needed.
4. **DO NOT PICK, RUB or FORCE OFF SKIN.**
5. To help achieve optimal results and healing;
6. Avoid the use of extreme facial expressions. Avoid sun exposure and the use of sunscreens until healing has occurred – wear protective clothing, a hat and sunglasses. Avoid strenuous exercise and sweating. 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.
7. After the first 48hrs, or when skin feels ready to start peeling, allow skin to soak while taking a shower and rub gently with finger tips in a circular motion.