



POST TREATMENT INSTRUCTIONS: **OBAGI BLUE PEEL RADIANCE**

We hope you had a wonderful experience in clinic today & look forward to seeing you again soon!

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After your procedure today, it is important to follow any specific instructions provided to you by the clinician. If you have any questions about those instructions, please ask your clinician to clarify them for you.

- Immediately following treatment our skin may feel hot, swollen, and tight, this is normal and should resolve as the healing process begins. You can use a cool, sterile compress over the next 24 hours to increase your comfort.
- It is important not to peel, pick, scrape, or otherwise abrade the skin in any way as this can increase the risk of scarring, infection, and other complications.
- As is the case with any treatment involving the skin, protecting the treated area is important.
- Limit natural and artificial UV exposure, as well as extreme heat. If the treated area will be exposed to the sun, it is advised to use an approved sun cream of at least SPF30.
- It is preferable to avoid any harsh exfoliation, other treatments, or waxes/peels as the area heals.
- Maintaining proper hydration levels by drinking water and limiting diuretics such as caffeine and alcohol, will also help maximise your results.

Please feel free to ask our clinical team about any specific skin care products we may be able to recommend to work in conjunction with the treatment you received today.

A course of 4 treatments, 2-3 weeks apart may be recommended along with additional treatments for maintenance of your results.