



190 North Pointe Blvd., Suite 1
Lancaster, PA 17601

Patient Information about Obaji Blue Peel Procedure

The Obaji Blue Peel is an office procedure designed to significantly improve the appearance and health of your skin by treating blemishes, acne scars, wrinkles, uneven pigmentation and sun damage. Using a low concentration of the chemical trichloroacetic acid mixed with the a blue base to slow penetration, the Obaji Blue Peel removes thin surface layers of aged and damaged skin. Clarity and tightness return to the skin through the resurfacing process as dead skin cells are replaced by healthier ones.

Before Blue Peel:

- 1) Office consult is needed before procedure is scheduled..
- 2) Retin-A application is recommended 3-4 weeks before the procedure.
- 3) Valtrex 500mg is prescribed prior to the procedure to prevent a widespread outbreak of herpes.
- 4) Mediscope photograph is obtained.
- 5) Face is washed with gentle cleanser and alcohol pads are applied to remove oils and residue.

During Blue Peel:

You may experience a mild burning sensation for 2-3 minutes as the solution is applied. An electric fan is used to minimize the sensation. A bluish tint may remain on your skin and will usually wash off in 12-24 hours.

After Blue Peel:

- 1) The treated area is rinsed with cool water and gently cleansed. Cool gel paks may be applied for comfort.
 - 2) Take additional Valtrex as directed.
 - 3) You may experience light swelling and your skin will begin to peel in 2-3 days. Peeling will continue for several days. Skin is usually healed on average within 7-10 days.
 - 4) Limit your normal activity, avoid make-up, sunscreens and exposure to the sun until your skin is healed. Avoid strenuous exercise and sweating. Within 10 days you should be able to resume your normal activities.
 - 5) For the first 7-10 days following Blue Peel, wash your skin with a mild gentle cleanser such as Aquanil, Cetaphil or CeraVe. Do not over moisturize skin, keep skin dry. Do not allow water or shampoo run onto treated areas while bathing or showering.
 - 6) Do not pick, rub, or force off peeling skin. Avoid the use of extreme facial expressions.
 - 7) Expect your skin's appearance to continue to improve for 4-6 weeks after treatment.
- Peels may be repeated every 6-8 weeks until your goals are reached.

If you have any questions, please call our office at 560-6444.