

Skin Peels

A skin peel is a non-invasive procedure which helps to restore a younger, fresher appearance. It is an effective way to treat lines and wrinkles along with acne scars, pigmentation and sun damage. It smoothes and improves the texture of the facial skin by removing the damaged layers.

What is Blue Peel RADIANCE?

Blue Peel RADIANCE is an addition to the Obagi medical range. It contains a unique blend of salicylic, Glycolic and Lactic acid 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, photo damage and melasma. Blue Peel RADIANCE effectively exfoliates the uppermost damaged skin layers, leaving your skin fresh, renewed and radiant.

The Procedure

A test application of the peel solution is applied on a small area of the skin before proceeding to a large area. Your hair will be secured away from the face with a headband. All traces of make-up will be removed with Nu-Derm Gentle Cleanser and the lips and corners of the eyes and nose are then covered with a small amount of petroleum jelly or a moisturiser to protect the sensitive areas.



How do I prepare my skin prior to the peel?

Avoid **any** facial treatments or procedures on the area to be treated for 5-7 days prior to treatment, including

- Laser hair removal
- Waxing or depilatory creams
- Electrolysis
- Microdermabrasion
- Facial injections

Certain products may increase skin sensitivity and/or cause a stronger reaction to the peel, avoid the use of the following products for the 3 days prior to the peel:

- Topical retinoids and tretinoin (including Retin-A, Renova, Differin, Tazorac, Refissa)
- Other topical acids or exfoliants that may be drying or irritating to the skin (such as alpha hydroxylacids [AHAs], beta hydroxyl acids [BHAs], exfoliating masks, retinol, benzoyl peroxide)

Common Contraindications

- Active cold sores, herpes simplex or warts in the area to be treated
- Wounded, sunburned or excessively sensitive skin with the application area
- Currently pregnant or breastfeeding
- Dermatitis or inflammatory rosacea within peel area
- Accutane use within 6-12 months' prior the peel application
- History of radiation therapy in the application area
- Allergy to salicylates
- Pre-existing inflammatory dermatoses (psoriasis, atopic dermatitis, pemphigus)
- Uncontrolled Diabetes

After Care

Mild peeling and redness is normal. Please consult with your surgeon prior to returning to your normal skin care regime (usually 5-7 days after application of Blue Peel RADIANCE).

- Use sunscreen with an SPF of at least 30 at all times, especially for the week post peel. Recommend Sunshield SPF50
- Hydrate or Hydrate Luxe can be used as a moisturiser
- Avoid direct sun exposure
- Treat the skin gently
- Do NOT exfoliate or pick at peeling skin
- Do NOT wax or use any form of hair removal during the peeling stage
- Avoid AHAs & BHAs, retinoids, facial products containing fragrance for 1-week post peel

Product is not intended for home or unsupervised consumer use. To be used by a licensed medical professional only.