



POST-OBAGI PEEL CARE

Please follow these instructions to ensure maximum, lasting results:

- While this peel is formulated to be gentle, you may experience mild peeling and redness.
- **Use sunscreen with an SPF30+** at all times for at least 1 week. It is recommended that you continue to use daily sunscreen to help protect your skin and to 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.** 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 5 days after the peel. Instead, liberally apply a bland moisturizer after cleansing, and throughout the day.
- If itching is a problem, over the counter hydrocortisone 1% cream or ointment can be used 2 times a day. Dr. Thakker or Dr. Bhatnagar may choose to prescribe a stronger medication if needed.
- Wait 7-10 days before laser treatment, waxing, use of depilatories, or microdermabrasion to the area treated.

Be sure to follow up with Dr. Thakker or Dr. Bhatnagar. For best results, it may be recommended to use 1 peel every 2-4 weeks, for a total of 4-6 peels.

*** If you have any questions or concerns, please call the office.