

F&3[®]

FACE & BODY

Aftercare - Obagi Blue Peel

Obagi Blue Peel is a 30% trichloroacetic (TCA) chemical peel that is used for deep skin rejuvenation and the treatment of specific skin disorders.

It is important that you have prepared your skin by using the Obagi Nu-Derm skincare regime for six weeks prior to your peel.

Recovery instructions:

Immediately after the peel your face will be blue from the dye used to gauge the peel depth and coverage. It will also feel hot. The colour will fade and the heat subside over 24-48 hours.

Varying degrees of swelling, redness and sensations of tightness will be experienced depending on the depth of the peel.

Post treatment you should avoid for 48 hours:

- Extreme temperatures.
- Swimming pools / spas / saunas.

You will start to peel after 48 hours for 3-5 days. You must not pick, rub or exfoliate the peeling skin as this can result in pigmentation or scarring. The skin should be allowed to come-away naturally.

For the first two weeks you must not use any acid based (e.g. glycolic) skincare products on your skin and you must use the products recommended by your practitioner.

For 4-6 weeks you must avoid direct bright sunshine (particularly foreign travel).

Common side affects:

- Face is stained blue for 24-48 hours.
- Swelling and redness up to 7 days.
- Peeling and flaking skin up to 7 days.

Adverse reaction awareness:

- Blisters forming.
- Difficulties swallowing, speaking or breathing.

Review procedure

Please schedule your first review appointment 14-28 days after your peel when clearer, brighter skin should be visible following your recovery.

You should continue to use Obagi Nu-Derm skincare for 12 weeks and schedule your second review at 6 months when a tightening affect will be visible due to the collagen production.

Patient support

Adverse reaction

If you believe you are having an adverse reaction to your treatment, which is outside of the listed common side effects, then please:

- During opening hours [call us](#) immediately.
- Out of hours visit your local hospital's A&E and inform us by email.

If you are able – please document your concern with photographs and email them to us. If our staff tell you to attend the clinic for a physical assessment then you must do so and provision will be made to see you quickly.

Complaints procedure

Everyone expects a positive experience and a good treatment outcome. However, the practice of aesthetic medicine is not an exact science as every individual responds differently to the same treatment. You may require an adjustment or for certain treatment types a reversal. Some treatments can not be adjusted

or reversed. If you are dissatisfied with the service you have received you can read our complaints procedure and submit a complaint at: www.faceandbody.co.uk/complaints

Consumer redress schemes

If you feel that we have not addressed your concerns through our complaints procedure then you may seek complaint resolution for:

- Customer service at the Cosmetic Redress Scheme: www.cosmeticredress.co.uk
- Treatment outcomes through Health Improvement Scotland at: www.healthcareimprovementscotland.org

Request for medical records

You may request a copy of your medical records, which incurs a £25 administration charge. You will need to attend a meeting with the Clinical Director to sign for the documents.

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Regulated by:

