

## **Information And Consent For Obagi Blue Peel**

Our skin is exposed to numerous stresses which can cause abnormal pigmentation, wrinkling and scars. The Obagi blue peel is an effective method of reducing and correcting skin imperfections to give a healthier, smoother and younger looking appearance.

### **What is a blue peel?**

The blue peel is a procedure designed to significantly improve the appearance and health of your skin. Trichloroacetic Acid mixed with a special blue base is used to peel the skin to a carefully controlled level. The peel can be tailored to suit each individual's needs because the depth of the peel can be tailored to the extent of the problem.

### **Is It Safe?**

It is essential that the procedure is performed exclusively by experienced and specially trained doctors, as the acid applied to the skin could cause scarring if not applied by the correct technique. The skin has to be prepared with specific products for six weeks prior to peeling to ensure the success of the treatment and uncomplicated healing.

### **How Does It Work?**

The acid is mixed with a special blue base which enables the doctor to precisely control the depth of the peel. The peel depth can be increased by repeating the application. The skin cells do not peel immediately, but as the acid breaks down the bonds connecting the layers of skin cells, so it begins to peel over a period of 5 to 10 days.

### **Does It Hurt?**

The procedure is uncomfortable so analgesia and mild sedation can be administered prior to peeling. As the acid is applied to the skin it will become hot for 2 to 3 minutes until it is neutralised. Cold air is used on the skin during this time for cooling and comfort. The treatment and healing is well tolerated by patients and the results exceed the mild discomfort.

### **Which Areas Can Be Treated?**

The blue peel is usually performed on the face, but can also be used on the hands, arms, neck and chest

### **How will the treatment be carried out?**

A mild sedative can be administered if the patient is anxious. The doctor will proceed to apply several layers of blue peel solution to the area of skin being treated. Once the desired depth of peel is achieved the skin is washed with a special cleaning lotion. The skin is left with a blue tinge immediately after treatment, which will disappear within 12 to 24 hours. Patients with dry/sun damaged skin may find the colour

remains in certain areas for 3 days and will fade with gentle washing. Once the treatment is complete you will be able to leave and resume normal activity, although most patients prefer to stay at home during the peeling process.

### **What Will happen after the treatment?**

After the treatment you will experience slight swelling and tightness and your skin will normally begin to peel after two or three days. It is important not to pull off any loose skin or crusts as this will seriously affect the healing process. Depending on the depth of the peel the peeling may last for up to 10 - 14 days. The new skin will appear pink, and will need to be protected. It will feel immediately improved following completion of the peeling phase, but will continue to improve over 4 to 6 weeks.

### **Side Effects**

The skin will be slightly swollen after treatment and will look red. Infection is rare during healing but the new exposed skin has to be cared for to avoid complications. As the skin peels it may become weepy in areas, and if the skin becomes tight and cracked there may be soreness and mild bleeding. This can be avoided by using the specific recovery creams. The peel can trigger the Herpes Simplex virus, so medication will be given prior to treatment if you are prone to this.

Summary:-

Redness	Cracking
Swelling	Scabbing
Peeling	Bleeding
Tightness	Itching
Soreness	Infection
Cracking	
More scarring	

Please advise your doctor or Aesthetic Nurse if you have any forthcoming social engagements so a personal evaluation can be made as to any possible downtime associated with the treatment that could impact on your enjoyment of the event. Every individual can react differently to treatment so it is important to alert your practitioner"

### **Care Following Treatment**

Although normal activity can be resumed immediately, the skin treated needs to be protected. Sunbathing, visits to the sauna, pronounced facial gestures, sporting activities and irritation caused by strong jets of water or rubbing must be avoided. After a facial treatment you will need to sleep on your back during the healing phase, elevated with two to three pillows. Make up should not be applied before the dead skin cells have peeled off.

### **Consent**

I confirm that I have been fully informed about the procedure and my questions have been answered. I understand the exclusions for treatment, and have advised the doctor of any changes to my medical history. I am fully aware of the possible risks and side effects and give my permission for the treatment to be performed.

I give my consent for photos to be taken to assess the results of my treatment

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**I am of the opinion that my request for treatment is for medical reasons and the personal psychological features that are associated with my request. I have expressed my thoughts and feelings to the treating doctor and consent to the treatment for the purpose of restoring and maintaining the health of my skin and body and my psychological wellbeing.**

**Patient Name.....**

**Patient Signature.....**

**Doctor Signature.....**

**Date of Treatment.....**

**EMERGENCY CONTACT DETAILS**

Should you feel unwell following your procedure it is important to seek specialist medical advice immediately. In the first instance call Dr. John Curran on one of the following numbers:

Guernsey Clinic 01481 736699 (Mon-Fri 08.00 to 17.30)

Dr. Curran's Mobile 07781-165797