



OBAGI NU-DERM SYSTEM

PATIENT INFORMATION & AFTERCARE GUIDANCE

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OBAGI NU DERM SYSTEM INFORMATION

WHAT IS OBAGI NUDERM SYSTEM AND HOW DOES IT WORK?

Obagi Nu-Derm System is a skin transformation kit combining prescription ingredients and the basic skincare staples to treat acne, hyperpigmentation, sun-damaged and hyperkeratinised skin. It is clinically tested and uses FDA approved prescription strength ingredients to penetrate the deep cellular level of the skin to cause real changes in the skin.

HOW OFTEN SHOULD I USE THE OBAGI SYSTEM AND FOR HOW LONG?

The system requires products to be used every day and typically lasts 12-16 weeks however your practitioner may advise you to stay on the full kit for longer or some individual products for longer.

WHAT RESULTS CAN I EXPECT?

Results can be long-lasting, however they are not permanent and are reliant on compliance to pre and post care advice that has been given by the practitioner. Maintenance treatment may be needed to keep results. Typically you will find that pigmentation will be reduced, the skin will look brighter and fresher and more youthful. You may also notice that the skin texture, lines wrinkle and scarring may appear smoother. Skin concerns can return if sun avoidance is not adhered to.

PRE-TREATMENT INFORMATION:

Sun exposure is a contraindication during the time you are using this system and any sun exposure may cause increased pigmentation and skin sensitivity.

The skin will become red and irritated and this can persist for 4-6 weeks. Please keep this in mind before starting as makeup may not apply as easily during this period.

Pregnancy and breast feeding is contraindicated during the use of this system. We also advise patients not to be using Vitamin A (retinol/ tretinoin) or hydroquinone products if trying to conceive.

We do not advise the use of any other skincare products during the use of the Obagi products.

WHAT WILL I LOOK LIKE?

Initially the skin will become red and irritated as the exfoliating process begins. This can last for 4-6 weeks until the damaged skin cells are exfoliated and new healthy skin is revealed. As the skin is

exfoliating it can peel and be flaky, so make up may not sit well on the skin. Following this process the skin will reveal the healthy new skin underneath however it may remain red for some time.

HOW MUCH WILL IT COST?

Each kit costs £580 for 10-12 weeks' worth of product. Some products will need to be replaced and purchased in addition to this throughout the course. Each product can be bought individually when it needs replacing. This price also includes a review at 6 and 12 weeks – these reviews are mandatory when starting the system.

NEED MORE INFORMATION?

Please call **0207 034 5999** or email info@phiclinic.com if you would like further details about your treatment, or to schedule for an appointment.

OBAGI NU DERM SYSTEM AFTERCARE

Please follow the below recommended advice to achieve maximum results and to avoid complications during the Obagi System use:

- Avoid sun exposure while using the system. Ensure the application of the SPF50 provided regardless of the weather and wear additional protection such as a wide brimmed hat and sunglasses in the summer
- Avoid the use of other exfoliating products such as retinol and Alpha Hydroxy Acid based products and use the Obagi products only
- Avoid scratching, itching or picking the skin
- Avoid application of the active ingredients to the delicate areas of the face such as eye lids, eye corners, nasal flare and mouth corners. Avoid the orbital rim and lip region entirely
- Be careful if applying to the jawline and neck as the skin on the neck is very thin and sensitive and cannot tolerate excessive exfoliation
- If your skin is becoming very red and irritated give the 'active' ingredients (products 3,4,5 and tretinoin) a break for a day or two

COMMON SIDE-EFFECTS OF TREATMENT INCLUDE:

- Redness
- Irritation
- Peeling/flaking
- Sensitivity

Should you need any further advice, or would like to book in for your next session of treatment, please call **0207 034 5999**, alternatively, you can email us at **info@phiclinic.com**