



OBAGI SKINCARE

PATIENT INFORMATION & AFTERCARE GUIDANCE

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OBAGI SKINCARE INFORMATION

Obagi skincare range is the number one skin care brand in the USA and the UK. Obagi is a pharmaceutical company founded by leading skin care experts. Obagi products are designed to help minimize the appearance of premature skin aging, skin damage, hyperpigmentation, acne, and sun damage. Due to the strength of the ingredients, Obagi products are not available to buy over the counter but can be bought by speaking to our experienced doctors, nurses and skin care professionals.

Obagi skincare has a number of different systems:

Obagi Nu-Derm System: This is a 10-16 week programme specially formulated to increase cell turnover, evenly distribute melanin, increase collagen and elastin and increase blood flow to transform the appearance of aging skin. Nu-Derm system works by targeting age spots, rough skin, erythema (redness), sallowness (yellow discolouration) and hyperpigmentation (dark discolouration). The system can be purchased for normal to oily or normal to dry skin.

This system requires commitment and complete sun avoidance for best results. This system can also have some downtime due to the exfoliating nature of the products.

Products in this system include:

1. **Cleanser:** gentle or foaming depending on the skin type
2. **Toner:** helps to restore the skins normal pH balance
3. **Clear:** this contains 4% hydroquinone which targets pigmentation and superficial acne scarring.
4. **Exoderm/Exoderm forte:** this is an alpha hydroxy acid, phytic acid, which helps to speed up the skin cell turnover. The system for oily skin contains Exoderm forte which has phytic and glycolic acid. This can cause irritation, peeling and sensitivity
5. **Blender:** this also contains 4% hydroquinone but this targets deeper pigmentation in the dermis and helps to stimulate collagen and elastin
6. **Hydrate Moisturiser:** this helps to soothe dry or irritated areas
7. **Sun Shield:** This is a broad spectrum SPF 50 protecting against UVA and UVB rays. This must be worn every day

Tretinoin is a vitamin A cream that can be introduced to this system in different strengths to treat acne and well as fine lines, wrinkles and pigmentation.

Obagi 360: This is an ideal system for younger patients or a patient with less problematic skin. A combination of unique effective ingredients provides early intervention for loss of radiance and

resilience, the appearance of minimal fine lines, wrinkles, dull, uneven skin texture and complexion as well as dry skin. Products in this system include:

1. **Cleanser:** helps to unclog pores that can cause dull, dry, uneven skin by mechanical and chemical cleansing for a soft, smooth, and radiant complexion
2. **Retinol 0.5%:** This is a form of retinol that helps to refine and smooth the skin texture and complexion for clearer-looking skin with minimal irritation. To be used in the evening only
3. **Hydrafactor Broad Spectrum SPF:** A dual-function moisturizer with soothing ingredients and broad-spectrum protection to help prevent skin damage caused by UVA/UVB rays

CLENZIderm M.D. System: Complete acne treatment specifically formulated for normal to oily skin to help treat acne where it starts. Products include:

1. **Foaming Cleanser:** A light, foaming acne cleanser with 2% salicylic acid. This effective cleanser unclogs pores and washes away dead skin cells, leaving skin feeling clean and refreshed. It also contains menthol to help cool irritated skin
2. **Pore Therapy:** Unclogs pores and clears away dead skin cells with 2% salicylic acid. While leaving a refreshed feel to the skin, Pore Therapy prepares the skin for the next step in the acne treatment regimen
3. **Therapeutic Lotion:** Lightweight acne treatment lotion with 5% Benzoyl Peroxide uniquely formulated to help clear acne

Obagi C Rx System: Complete skin care regimen using potent vitamin C specifically formulated for normal to dry skin to help address early signs of skin aging caused by sun damage. Products include:

1. **C Cleansing Gel:** Helps clarify and prepare your skin for the system's product ingredients, while also removing makeup and oil
2. **C Clarifying Serum:** Reduces the appearance of dark spots for a lighter, brighter skin tone as well as protecting against free radicals such as pollution, UV rays etc
3. **C Exfoliating Lotion:** A smooth, lightweight moisturizer that hydrates and gently exfoliates to reveal a brighter, healthier-looking complexion
4. **Sun Shield Matte SPF:** A sunscreen that combines UVA and UVB protection in an elegant matte finish that is non-comedogenic, allergy tested, and dermatologist tested
5. **C Therapy Night Cream:** Gradually diminishes the appearance of dark spots and provides continuous coverage with Vitamins C and E while you sleep

POINTS OF INFORMATION FOR USE OF OBAGI:

- The skin can become irritated and sensitive following the use of some products, this is normal but excessive irritation should be reported by contacting your clinician directly or the clinic

- It is important to use products only on the areas advised by your clinician
- Please use only the advised amounts of products such as Clear, Blender, Tretinoin and Retinol. The specific amount of each product to be used will be advised to you by your clinician