

The Obagi Nu-Derm® System: Standard Protocol for Use

The **Obagi Nu-Derm System** offers a complete, convenient protocol for treatment at home. Below is a standard protocol for how the products in the system are used. Your Physician and Skin Care Specialist will design a specific protocol of dosage, frequency and treatment objectives for your skin.

PROTOCOL FOR USE			AM	PM
PREPARE Cleansing and toning your skin makes it more receptive to the correction process.	1	GENTLE CLEANSER or FOAMING GEL Apply to wet face, rinse with lukewarm water and gently pat dry. Avoid rubbing the skin with a towel.	√	√
	2	TONER Apply to entire face with a cotton ball or cotton square, avoiding the eye area.	√	√
CORRECT Repairs damage to the skin's surface, correcting hyperpigmentation (sun and age spots) and uneven skin tone while smoothing skin roughness.		EFFECTIVES 5% and 10% SERUM If recommended, apply to crow's feet area (5% Serum), or face, neck and chest area (10% Serum).	√	
	3	CLEAR Apply Clear evenly on the entire face, extending to the hairline, over the ears and ending with a feathering motion. (Rx only)	√	√
	4	EXFODERM or EXFODERM FORTE Apply evenly over entire face, avoiding the eye area. Wait until the cream is absorbed.	√	
STIMULATE Damage to the deeper skin layers is repaired. Skin elasticity is restored by enhancing the production of collagen and elastin.	5	BLENDER and TRETINOIN Apply 1/2 gram of Blender followed by the prescribed amount of tretinoin. Apply evenly on the entire face, extending to the hairline, over the ears and ending with a feathering motion. (Rx only)		√
PROTECT Prevent further damage from harmful UVA and UVB rays.	6	HEALTHY SKIN PROTECTION SPF 35, SUNFADER SPF 15, or PHYSICAL UV BLOCK SPF 32 Apply products as instructed by your physician or skin care specialist. Note: Prolonged sun exposure should be avoided for the first month. Sunfader (Rx only)	√	
CONTROL In the event your skin becomes sensitive, dry or has a reaction, especially at the beginning of the treatment, you may add Control products to your protocol. However, they should only be used in moderation, as they slow down the skin Transformation process.		EYE CREAM Recommended to add moisture and soothe the eye area. As needed.	√	√
		ACTION Use sparingly only when your skin is uncomfortably dry from peeling or flaking. As needed.	√	√
		TOLEREEN Apply this low dose hydrocortisone lotion when you experience itching, burning or redness. As needed.	√	√