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OBAGI BLUE PEEL

REQUEST FOR TREATMENT AND INFORMED CONSENT

DO NOT SIGN THIS FORM UNTIL YOU HAVE READ IT AND FULLY UNDERSTAND ITS CONTENTS PATIENT

NAME: _____ DATE: ____/____/____ |

understand that the above named procedure has been explained and is to be performed on me.

The Obagi Blue Peel is a method of skin rejuvenation. In this procedure, a low concentration of the peeling agent TCA (Trichloroacetic Acid) is mixed with a special base prior to its application. This mixture enables the physician to control the depth of the peel to achieve optimal results and is appropriate for all skin types.

Depending upon the condition of your skin, 1 - 4 coats of the Obagi Blue Peel will be applied.

Most people will not require sedation. If the doctor indicates sedation, you will need someone to drive you home. At each level you may experience a mild burning sensation that lasts 2 to 5 minutes. The doctor may use an electric fan to minimize this sensation. A bluish tint will remain on your skin. Your skin will begin to peel within 2 to 3 days and should be healed in an average of 7 to 10 days.

The best time to judge the results of the Obagi Blue Peel is 3 to 4 weeks after complete healing. The Obagi Blue Peel is a light peel; therefore, it will take an average of 2 to 3 peels to obtain the maximum desired improvement in wrinkles, scars or large pores. Deep pigmentation or spots may need 6 to 8 Obagi BLUE PEEL procedures to achieve any noticeable clinical improvements.

ANTICIPATED RESPONSE TO THE PEEL: Healing is usually painless. Some swelling may occur. Swelling varies according to the depth of the peel and the degree of skin laxity. Skin may feel tight and it will darken before it starts to peel. (This is more apparent in brunettes or dark skinned individuals.) Skin will begin to peel in 2 to 3 days. Complete healing should occur in an average of 7 to 10 days. Occasional itching may occur and a mild degree of oozing may occur.

TO AID IN OPTIMAL RESULTS AND HEALING:

- Do not over-moisturize; keep skin dry.
- Avoid sun exposure and the use of sunscreens until healing has occurred.
- Wear protective clothing, a hat and sunglasses.
- Avoid the use of extreme facial expressions.
- **DO NOT PICK, RUB or FORCE THE SKIN TO PEEL OFF.**
- Avoid strenuous exercise and sweating.
- Sleep on your back.
- Do not wear make-up while the skin is healing.

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Initials _____ (person signing)

POTENTIAL RISKS AND COMPLICATIONS: This procedure is one of the safest available for skin rejuvenation.

However, medical treatment is not an exact science and the degree of improvement is variable. Occasionally, there is not improvement and another form of treatment may be required. Complications are rare, but include hypo-pigmentation (lightening of the skin), hyper-pigmentation (darkening of the skin) and scarring.

I hereby declare that I have read and fully understand the above. I understand the Obagi Blue Peel process and all its aspects. No guarantees were made to me regarding results and /or potential risks. All my questions were answered in a satisfactory manner and I agree to allow Dr. Gerstle to perform the Obagi Blue Peel.

Signature of person giving consent: _____ Date: _____

Relationship to patient if not the patient: _____

Witness: _____ Date: _____

_____ Copy of consent form offered to patient

_____ Copy given _____ Declined

POST-PROCEDURE INSTRUCTIONS

TO AID IN OPTIMAL RESULTS AND HEALING:

- Do not over-moisturize; keep skin dry.
- Avoid sun exposure and the use of sunscreens until healing has occurred.
- Wear protective clothing, a hat and sunglasses.
- Avoid the use of extreme facial expressions.
- **DO NOT PICK, RUB or FORCE THE SKIN TO PEEL OFF.**
- Avoid strenuous exercise and sweating.
- Sleep on your back.
- Do not wear make-up while the skin is healing.