



## Medical Grade Skin Care (Obagi™)

Ms Nugent offers a range of medical grade (prescription only) skin care products that treat and prevent signs of ageing such as changes in skin tone and texture, irregular pigmentation and wrinkles. The course of treatment is tailored to your individual skin type and needs. Obagi™ skin care products are her range of choice as they have a long and proven record of use in this area with consistently good results.

All of the Obagi™ skin care ranges can be used alone or in combination with other facial rejuvenation techniques e.g. to enhance the effects of facelift surgery. As these are medical grade skin products, it is important to realise that they have a stronger effect than those available on the high street or in department stores. They should only be prescribed by a trained physician and used carefully as prescribed. It is usual to have some redness, irritation and peeling of your skin during the active treatment period and it is necessary to protect your skin from the sun during this time too. If your skin reaction is excessive or unusual, you should stop using the products and contact the office for advice before undertaking any further treatment.

### Indications for treatment

- Sun damage
- Uneven pigmentation
- Acne
- Fine lines and wrinkles
- Skin preparation for facial peels
- Maintenance of skin post facial peels or facial rejuvenation surgery

### Expected results of treatment

- Reduction in appearance of fine lines and wrinkles
- Improvement in uneven pigmentation
- Improvement in skin texture and tone
- Reduction of sun damage
- Improved complexion

### Limitations of treatment

- Medical grade skin care will not treat skin lesions such as skin cancers or areas of severely sun damaged skin. Other prescription ointments or surgery are indicated in these instances.
- If you have loose skin and descent or hollowing of areas of your facial tissues, other treatments such as surgery or dermal fillers may be indicated instead of or as well as medical grade skin care.

#### Aisling Plastic Surgery Ltd

Purity Bridge, 19 Mount Ephraim, Tunbridge Wells, Kent TN4 8AE

M | 07580 251 540 T | 01892 619 248 F | 01892 222 048 E | enquiries@noranugent.co.uk [www.noranugent.co.uk](http://www.noranugent.co.uk)

- Deep wrinkles will not be fully treated by medical grade skin care. They may require additional treatment with wrinkle-relaxing injections, dermal fillers or surgery.

### **Expected effects during treatment**

- Redness
- Dryness/Flakiness/Peeling
- Skin sensitivity
- Breakouts of spots (in some people)
- Tight feeling of the skin

### **Duration of treatment**

Usually it is necessary to undertake treatment for a minimum of 12 to 24 weeks to see the desired effects of treatment. A less intensive maintenance regime can be used after this if desired to prolong the effects of treatment. The products are designed to work together in a complimentary fashion. It is therefore important to use all products in the frequency and manner in which they are prescribed for you. A course of treatment can be repeated in the future if required. You will be asked to come back at regular intervals (usually about 6 weekly) for assessment of your skin. Any adjustments necessary can be made during these assessments. Clinical photographs will be taken before, during and after your skin treatment to help plan your care and monitor your progress.

### **Adverse effects**

Adverse effects due to medical grade skin care are normally more severe or extensive versions of the expected skin reactions during treatment. Redness, irritation, skin sensitivity, skin tightness,, skin breakouts and dryness, flakiness and peeling of the skin are expected to occur. In some people, they can cause greater problems than usual and if this is the case for you, you will be advised on how to deal with this or your skin care regime will be adjusted to make it more suitable for your needs and skin type. If severe, the treatment course will be stopped and your skin will then return to normal as the reaction settles. Occasionally people are allergic to a component in the skin care regime. Should this happen, the treatment course will be stopped. If you do not protect your skin from the sun adequately during treatment, you will find that your skin is much more sensitive to the sun and can burn more easily.

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## **Obagi Nu-Derm™ System**

The Obagi Nu-Derm™ system is formulated to treat signs of ageing, specifically those related to photodamage or sun damage such as fine lines and wrinkles, uneven pigmentation and skin tone. It uses a range of products to first cleanse and prepare the skin and then hydroquinone and tretinoin are used to treat the skin damage. This system is tailored to your skin type and the extent of treatment needed. It is the most common skin care regime used in my practice as it is very comprehensive and addresses most skin issues.

## **Obagi-C Rx™ System**

The Obagi-C Rx™ system™ is aimed at those showing early signs of ageing and at preventing future photodamage to the skin. It is also suitable for those who cannot or do not wish to undertake the stronger treatment regimes but would still like to improve their skin tone and appearance. As well as active skin ingredients to treat skin tone and pigmentation irregularities, the antioxidant vitamin C is used to protect against future damage and to stimulate new collagen production.

## **Obagi Clenziderm™ System**

The Obagi CLENZIderm™ system is used to treat acne. It incorporates 5% benzoyl peroxide in the treatment protocol in a special formulation that allows it to penetrate into the skin for more effective treatment of acne at its source.

## **Obagi360™ System**

The Obagi360™ system is aimed at younger skin. The system uses retinol and an effective sun block. It is formulated to refine the appearance of the skin and to protect against photodamage.

## **Obagi Professional-C™ Serums**

Obagi Professional-C™ Serums contain the antioxidant Vitamin C. Topical vitamin C is a powerful antioxidant helping to protect the skin. It enhances UV protection of sun blocks and also helps reduce inflammation in the skin. Professional-C™ serum can be used in addition to the hydroquinone in the Nu-Derm™ System to help correct uneven pigmentation.

## **Obagi ELASTIderm™**

ELASTIderm™ is an eye treatment from Obagi™ used to reduce fine lines and wrinkles and restore elasticity to the skin around the eyes. The active ingredient is Copper Zinc Malonate in a formula that can penetrate the skin to where it is most needed and the antioxidant qualities of a blueberry extract is also included.

## **Obagi ELASTIderm Decolletage™ System**

The Obagi ELASTIderm Decolletage™ System is specially designed to treat the fine lines, wrinkles, age spots and uneven pigmentation on the neck and chest areas. It contains both a skin lightening product and malonic acid which helps stimulate new skin cell production.

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