OBAGI NU-DERM SYSTEM INSTRUCTIONS

Morning Routine (AM)

1. **Cleanse:** Wash your face and neck with the Obagi Nu-Derm Foaming Gel Cleanser (#1) using warm water and rinse thoroughly.
2. **Tone:** Apply Obagi Nu-Derm Toner (#2) with a cotton pad or gently splash it on to balance your skin's pH (do not rinse off).
3. **Treat:** Apply Obagi Nu-Derm Clear (#3) evenly across the face, avoiding the eye area.
4. **Exfoliate:** Apply Obagi Nu-Derm Exfoderm Forte (#4) once a day during the morning to remove dead skin cells.
5. **Moisturize:** Apply Obagi Hydrate Facial Moisturizer as needed if your skin feels dry or tight.
6. **Protect:** Finish with SPF 50+ or greater to shield your skin from UV rays, which is essential when using active brightening treatments.

Evening Routine (PM)

1. **Cleanse:** Wash your face and neck with the Obagi Nu-Derm Foaming Gel (#1).
2. **Tone:** Apply the Obagi Nu-Derm Toner (#2).
3. **Treat:** Apply Obagi Nu-Derm Clear (#3) to the face.
4. **Repair:** Mix Obagi Nu-Derm Blender **(**#5) with your prescribed Obagi Tretinoin use equal pea-sized amounts and blend them gently in your hand before smoothing onto your face. First time users of Tretinoin use every other day to start and work up to every day as tolerated (Avoid the delicate areas right around the eyes, corners of nose and the lips).
5. **Moisturize:** Apply Obagi Hydrate Facial Moisturizer as needed if your skin feels dry or tight.

Important Tips

- **Acclimation Period:** Mild redness, flaking, and dryness are common during the first 4 to 6 weeks as your skin cell turnover accelerates.
- **Adjusting Use:** If irritation becomes severe, temporarily reduce how often you use the exfoliant (Exoderm) and/or adjust using Tretinoin to every 2 days and/or increase your use of the moisturizer.
- **Safety Warnings:** Avoid getting products in your eyes, nose, or mouth. Consult a dermatologist or check Obagi Medical guidelines if you are pregnant, nursing, or using prescription-strength components.
- **Please call our office 916-**242-2662 if you have any questions.