

OBAGI NU-DERM - PROTOCOL FOR USE		AM	PM	
<b>PREPARE</b>  Cleansing and toning your skin makes it more receptive to the process.	1	<b>GENTLE CLEANSER or FOAMING GEL</b>  Apply to wet face, rinse with lukewarm water and gently pat dry. Avoid rubbing the skin with a towel	✓	✓
	2	<b>TONER</b>  Apply to entire face with a cotton ball or cotton square, avoiding the eye area.	✓	✓
<b>IMPROVE</b>  Repairs damage to the skin's surface, improving hyperpigmentation (sun and age spots) and uneven skin tone while smoothing skin roughness.		<b>PROFESSIONAL-C SERUMS</b>  If recommended, apply to crows feet area (5% Serum) or face, neck and chest area (10%, 15% or 20% Serum).	✓	
	3	<b>CLEAR</b>  Apply Clear evenly on the entire face, extending to the hairline, over the ears and ending with a feathering motion. (Rx-Only)	✓	✓
	4	<b>EXFODERM or EXFODERM FORTE</b>  Apply evenly over entire face, avoiding the eye area, Wait until the cream is absorbed.	✓	
	5	<b>BLENDER or TRETINOIN</b>  Apply 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).		✓
<b>PROTECT</b>  Prevent further damage from harmful UVA and UVB rays.	6	<b>HEALTHY SKIN PROTECTION SPF35, SUNFADER or PHYSICAL UV BLOCK SPF32</b>  Apply products as instructed by your physician or skincare specialist. Note: Prolonged sun exposure should be avoided for the first month.	✓	
<b>CONTROL</b>  In the even your skin becomes sensitive, dry or has a reaction, especially at the beginning of the treatment, you may add Control products to your protocol.		<b>EYE CREAM</b>  Recommended for daily use to add moisture and soothe the eye area. As needed.	✓	✓
		<b>ACTION</b>  Use sparingly only when your skin is uncomfortably dry from peeling or flaking. As needed.	✓	✓
		<b>TOLEREEN</b>  Apply this low dose hydrocortisone lotion when you experience itching, burning or redness. As needed.	✓	✓