



Nu-Derm System

Complete skin care system specially formulated for normal to dry skin to help correct hyperpigmentation, such as dark spots and melasma, and transform the appearance of aging skin, a valid prescription required. Below is a measuring guide

1. $\frac{1}{4}$ Gram
2. $\frac{1}{2}$ Gram
3. 1 Gram



Kit Includes

- Gentle Cleanser / Foaming Cleanser
- Toner
- Clear
- Exfoderm® / Exfoderm Forte®
- Blender®
- Obagi Hydrate®
- Sun Shield Matte Broad Spectrum

Important Safety Information for Obagi Nu-Derm Clear, Blender® and Sunfader

Contains 4% hydroquinone, there are no licensed indications in the UK, it is prescribed off licence by your practitioner and must therefore be used with caution according to your individual prescription.

Treatment Regime

Following the consultation you will commence the system the following morning, the system is a minimum 18 week course and you will attend a review appointment 2 weeks after you start, it is important that you attend this appointment as some changes will be made to the regime and will ensure that the treatment is effective for your needs. Six weeks into the treatment you will attend a further review at this time further changes may be required to the regime. You will attend a final appointment at 18 weeks, the treatment results will be assessed and depending upon your results a regime to reduce the active prescription products will be prescribed or treatment with Obagi CRx may be indicated.

Contraindications & Warnings

People with prior history of sensitivity or allergic reaction to this product or any of its ingredients should not use it. The safety of topical hydroquinone use during pregnancy or in children (12 years and under) has not been established. You should avoid contact with eyes, nose, mouth, or lips, in case of accidental contact, patient should rinse eyes, nose, mouth, or lips with water apply a barrier cream eg Vaseline if the area is sore or cracked.



Sunscreen use is an essential aspect of hydroquinone therapy because even minimal sunlight exposure sustains melanocytic activity.

Contains sodium metabisulfite, a sulfite that may cause allergic-type reactions including anaphylactic symptoms and life-threatening or less severe asthmatic episodes in certain susceptible people. The overall prevalence of sulfite sensitivity in the general population is unknown and probably low. Sulfite sensitivity is seen more frequently in asthmatic than in nonasthmatic people.

Precautions

Treatment should be limited to relatively small areas of the body at one time since some patients experience a transient skin reddening and a mild burning sensation, which does not preclude treatment.

Pregnancy Category C: Animal reproduction studies have not been conducted with topical hydroquinone. It is also not known whether hydroquinone can cause fetal harm when used topically on a pregnant woman or affect reproductive capacity. It is not known to what degree, if any, topical hydroquinone is absorbed systemically. Topical hydroquinone should be used on pregnant women only when clearly indicated.

Nursing Mothers: It is not known whether topical hydroquinone is absorbed or excreted in human milk. Caution is advised when topical hydroquinone is used by a nursing mother.

Pediatric Usage: Safety and effectiveness in children below the age of 12 years have not been established.

Use of the product should be discontinued if hypersensitivity to any of the ingredients is noted.

You must attend your review appointment with your practitioner, and you must bring your products with you to this appointment. Products purchased from other retailers or clinics will result in your immediate termination of your treatment.

If you develop a sensitivity to your product you may return it, you will need to attend the clinic for the reaction to be documented and photographed. The products will be returned to the originating pharmacy, they will process a refund once they have received the relevant medical report and product, refunds due to allergic reaction cannot be processed directly at the clinic.



Tretinoin Rx

A prescription topical treatment for acne vulgaris, and anti-aging, prescription only product which should be used alongside the Obagi Systems as directed by your practitioner.

Tretinoin Strength

- 0.025%
- 0.5%
- 0.1%

Important Safety Information

While using tretinoin, you should:

- Minimise exposure to the sun and to extreme cold or wind. Avoid sunlamps, tanning beds and ultraviolet light.
- Use a sunscreen with a SPF of at least 15, wear protective clothing and wide-brimmed hat
- Stop using tretinoin if you get a sunburn
- Avoid washing your skin too often, scrubbing the affected skin, or using other products with a drying effect, including other products containing tretinoin, unless recommended by your healthcare provider

Before using tretinoin, tell your healthcare provider if you:

- If you develop itching or rash while using tretinoin gel.
- Have a skin condition called eczema
- Have a sunburn
- Are pregnant or breastfeeding, think you are pregnant, or plan to become pregnant or to breastfeed
- Gel Only if you are allergic to fish

Treatment Regime

The treatment should be used at night, you may need to introduce the Tretinoin into your regime slowly for example every other night and gradually increase to prevent reactions.

What are the possible side effects of tretinoin?

- Skin dryness
- Burning
- Redness
- Excessive flaking or peeling.



If you develop these symptoms your healthcare provider may tell you to stop using it for a while, decrease the number of applications, or stop using it completely.

Tell your healthcare provider about any side effect that bothers you or does not go away.

Contraindications & Warnings

The safety and efficacy of Tretinoin have not been established in the treatment of patients younger than 10 years of age (Gel) or 12 years of age (Cream), or in pregnant or nursing women.

You must attend your review appointment with your practitioner, and you must bring your products with you to this appointment. Products purchased from other retailers or clinics will result in your immediate termination of your treatment.

If you develop a sensitivity to your product you may return it and this will be sent back to the originating pharmacy, they will process a refund once they have received the relevant medical report and product, refunds due to allergic reaction cannot be processed directly at the clinic.



Clinic Terms of Business

I understand that though complications are uncommon, they do sometimes occur. It is possible that side effects not described may occur and indeed that a complication not previously reported may occur for the first time. I understand if I suffer any adverse reactions that are not expected, or concern me, I must contact my practitioner, and book a review appointment. MD Medical Aesthetics Ltd cannot take responsibility for complications or results that have not been reported, assessed, documented and managed in a timely manner. Whilst I have been advised of the probable result, this cannot be interpreted as a guarantee. Results vary from one individual to another.

I confirm that the medical health history form has been completed truthfully and I am fully aware that withholding medical information, including history of previous treatment, may be detrimental to the safe and optimal outcome of any treatment administered. If there are any changes in my medical history, I must inform the practitioner.

I confirm that I have been provided with verbal and written information about this treatment which includes aftercare and follow up advice and I agree to follow the aftercare advice and understand this reduces risk of adverse reactions and helps ensure optimum results.

I understand information about me will be treated as confidential and access to it restricted in accordance with the Data Protection Act, unless specific permissions given.

By consenting to treatment you accept the clinic terms and conditions as outlined:

- You are satisfied that the treatment has been explained comprehensively
- That the possible risks and side effects associated with the treatment have been fully discussed and understood
- That you have taken sufficient time to process and consider the information provided and any questions have been answered to your satisfaction, before making a decision to proceed with the agreed treatment plan.
- You consent to my medical records being shared with appropriate professional staff
- You accept emergency intervention treatment if required