

## Kenneth R. Tucker, M.D., F.A.C.S.

Re: Dr. Obagi Nu-Derm

Dr. Zein E. Obagi, a dermatologist, created his own skin-care line for use in conjunction with his Blue Peel, and prescription for Retin-A. The products contain something called Complex 272, which turns out to be saponin. Dr. Obagi's Blue Peel (TCA) causes fewer pigmentation problems than other "Doctor-only" peels that use phenol. TCA appears more effective on deeper wrinkles, but usually are only done about once every two years.

The Obagi products, are to be sold exclusively through Physicians, predominantly Dermatologists and Plastic Surgeons offices. Dr. K.R. Tucker has expressed his concerns regarding products being sold via the internet and are possibly being used without a Doctor's supervision.

The following comments are from Dr. Kenneth R. Tucker on understanding the Dr. Obagi Skin Care process.

*From: Kenneth R. Tucker [drt1119@comcast.net]  
Wednesday, November 19, 2003*

*Subject: Obagi Nu-Derm*

"Obagi Nuderm should be considered a medical treatment as opposed to a cosmetic line. There are essentially 7 or so components and they should all be used in sequence on a daily basis for 2-6 months, and then on a maintenance basis occasionally. The components are: cleanser, toner clear (a skin bleaching' agent), Exfodermb (alphahydroxy acids that induce skin peeling), blender that mixes with high concentrations of Retin A, and a sunblock.

It is a medical because two of the components, Retin A and Hydroquinone (skin bleach) are prescription items. It has significant side effects that people have to accept to get the best results. Their skin gets quite red, (increased blood flow from the Retin A) and flakes severely (from the dead skin on the surface peeling off and faster turnover of the epithelial cells.)

Obagi Nuderm is great for sun damaged skin, hyperpigmented skin, leathery skin, age spots, etc. as a medical treatment. The company does try to inhibit sales without a MD prescription but on the internet some does get through. People almost never use it right and don't get proper results unless they are supervised.

I have used Obagi Nuderm in my medical practice for several years and am one of the highest volume users on the West Coast. This is how I am fitting Sensé into this program and you might consider a similar way.

Obagi Nuderm is a medical treatment, and has significant side effects but also significant skin improvements. After the initial 2-6 months of Obagi use I tell patients they can now change over to Sensé which is much more pleasant to use without the side effects. Sensé will nourish their skin with vitamins and antioxidants to help maintain the good effect from the Obagi Nuderm. They will really like the feel and texture and moisturizing effect of Sensé.

Depending on how closely they are being followed by their commitment, there are bound to be some who will not tolerate the redness and itching and flaking from the Obagi Nuderm. You can tell them if they can't tolerate it, that you have Sensé which is much more pleasant, soothing and without the side effects of Obagi. They can try the Prelude package and go from there. Don't fight Obagi Nuderm. It is a medical treatment. Hope this helps you to understand it".

Dr. Kenneth R. Tucker is a plastic and reconstructive surgeon, highly respected for his years of work at Seattle Head, Neck and Plastic Surgeons LLC, 515 Minor, Suite 130, Seattle Washington. For more information about the Seattle Head, Neck and Plastic Surgeons visit [www.seattledoctors.com](http://www.seattledoctors.com).

Have a Sensé-tional Day!

*Bea Kinnear*

Your Skin & You

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