

PRE AND POST CARE INSTRUCTIONS – MICRODERMABRASION

Pre-Care Instructions:

Please follow the outline below to prepare. You will be having a microdermabrasion treatment on the day of your appointment. Consultation is a mandatory before you begin treatment. **It is recommended that you take the following into consideration:**

- **14 DAY S before:** Do not receive injections of Botox, Collagen, Juvederm, Restylane, Perlane, or other injectibles.
- **10 DAYS before:** Avoid extended sun/tanning especially in the 10 days prior to treatment.
- **7 DAYS before treatment:** Avoid chemical peel, waxing, electrolysis, Laser treatments, tweezing, hair removal creams threading within 7 days before and after this treatment.
- **3 DAYS before treatment:** Avoid topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, Salicylic Acid, or other “anti-aging”, “acne”, and “bleaching” products.
- If you are prone to cold sores, it is recommended to obtain a prescription from your physician for a medication to avoid a post-treatment outbreak. It is recommended to begin prophylaxis 2 days prior to microdermabrasion and continue for 5 days after microdermabrasion.

Contraindications:

Although it is impossible to list every potential risk and complication, the following conditions are recognized as contraindications for microdermabrasion treatment and must be disclosed prior to treatment: Active infection of any type, such as Herpes simplex virus or flat warts, Active acne, sunburn, recent use of topical agents such as glycolic acids, alphahydroxy acids and retin-A, recent chemical peel procedure, uncontrolled diabetes, eczema, dermatitis, skin cancer, vascular lesions, oral blood thinner medications, rosacea, tattoos (not effective), pregnancy, use of Acutane within the last year, family history of hypertrophic scarring or keloid formation, telangiectasia/erythema may be worsened or brought out by skin exfoliation.

Post-Care Instructions:

Any substance that is applied post-treatment is absorbed very quickly and deeply to newly exfoliated skin. A slight rosy glow, much like a sun burn, may appear for approximately 24-48 hours after your treatment. Your skin may feel “wind burned,” dry, and/or tight and will also be more vulnerable. The risk of getting sun burned following a microdermabrasion treatment increases dramatically. Due to the nature of the treatment, you should not necessarily expect to “peel”. However, you may have light to moderate flaking in a few localized areas for 3 to 7 days.

- Aerobic exercise or vigorous physical activity should be avoided until all redness has subsided.
- Direct sunlight exposure is to be completely avoided immediately following the treatment (including any strong UV light exposure and tanning beds). If some sun exposure cannot be avoided, first apply sunscreen with an SPF of 30 or greater. Although sunscreen should be a part of your daily skin care, for a minimum of two weeks, a sunscreen with at least a SPF of 15 must be applied.
- Cleanse your face with water and mild soap substitute. Twice daily followed by a mild sunscreen (minimum SPF 30). If a site other than the face is treated, you only need to cleanse once daily, followed by sunscreen. In the event that you may have additional questions or concerns regarding your treatment or suggested home product / post-treatment care, you must consult your esthetician immediately.
- Mineral makeup may be applied following a treatment. If you experience sensitivity following makeup application, remove it with a gentle cleanser.
- Do not use glycolic, alpha hydroxy, beta hydroxy, retinol, benzoyl peroxide, or topical acne medications for 24-hours following treatment. You may resume using these products after this period as instructed by your esthetician.
- You may resume prescription retinoid products (Retin A, Renova, Tretinoin, Avita, Alustra, or other brands of Tretinoin) and other prescription retinoid products (Adapalene, Avage, Differin, Tazorac, Tazarotene) 3 days after last skin treatment, or as instructed by your esthetician.
- Do not peel, pick, scratch, or scrub skin. This can result in scarring and/or infection. If your skin becomes itchy, use a clean cotton swab to gently rub the itchy spot.
- Refrain from waxing, electrolysis, or other hair removal methods for 30 days. Upon resumption, please notify your technician that you recently had a microdermabrasion.
- Refrain from Botox, collagen or other tissue filler injections for 14 days following the microdermabrasion treatment.