

MEDICAL MICRODERMABRASION Pre and Post Instructions

PRE-MEDICAL MICRODERMABRASION INSTRUCTIONS:

- Contact lenses cannot be worn during microdermabrasion. Please remove prior to your appointment.
- If you are prone to cold sores, you will need to contact your physician for antiviral medication to avoid a post treatment breakout. It is recommended you begin prophylaxis **two (2) days** prior to treatment and continue for **five (5) days** post treatment.
- Discontinue use of over the counter Retinol, Glycolic and other Alpha Hydroxy Acids, Salicylic or Beta Hydroxy Acids, or other exfoliation products **three (3) days** prior to treatment.
- Discontinue use of prescription Retinoid products (Retin-A, Renova, Tretinoin, Avita, and Alustra or other brands of Tretinoin), other prescription Retinoid products (Adapalene, Avage, Differin, Tazorac, and Tazarotene) **30 days** prior to treatment.
- No waxing, electrolysis, other hair removal products or methods within **seven (7) days** prior to treatment.
- No Botox injections within **seven (7) days** prior to treatment.
- No collagen or other dermal filler injections within **14 days** prior to treatment.
- Follow all pre-medical microdermabrasion home care product recommendations as instructed by your Technician. Optimal results are achieved by following a home care regimen that will enhance the medical microdermabrasion process.

POST-MEDICAL MICRODERMABRASION INSTRUCTIONS:

During the peel procedure you may experience some discomfort or stinging along with a warm flushing or burning sensation. The severity depends on you skin's own sensitivity and symptoms usually subside after the peel is removed. A skin microdermabrasion procedure can exfoliate up to 25 microns of the top surface (stratum corneum) of your skin. The stratum corneum is made up of dead skin cells that provide a buffer to your living cells.

Any substance that is applied post-treatment is absorbed very quickly and deeply. A slight rosy glow, much like sunburn, may appear for approximately 24-48 hours. Your skin may feel "sun or wind-burned" and will also be more vulnerable. The risk of getting sunburned following a treatment increases dramatically. Any substance that is applied post-treatment is absorbed very quickly and deeply.

- You may resume your daily activities or return to work immediately. Cosmetic make up can be applied following a treatment. If you experience discomfort following make-up application, remove.
- Sunscreen will be applied to your skin before you leave. You must protect your skin every day with a full spectrum sunscreen that protects both UVA and UVB with an SPF of 20 or higher. We recommend you use a sunscreen containing zinc oxide and titanium dioxide to provide you with full spectrum protection. Tanning must be avoided (Including tanning beds). Avoid direct sun exposure.
- For the first **24-48 hours**, use a mild cleanser, hydrating moisturizer, eye cream, and sunscreen. If you are treating hyperpigmentation, the use of lightening products is strongly recommended.
- Do not use glycolic, alpha hydroxy, beta hydroxy, retinol, benzoyl peroxide or topical acne medications for **24-48 hours** following treatment. You may resume products after this period or as instructed by your technician.
- 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) **seven (7) days** after last skin peel treatment, or as instructed by your technician. **If you are receiving a series of treatments, do not resume any of these products until after you have completed your last medical microdermabrasion treatment.**
- If skin is irritated and sensitive, apply growth factor serum. If irritation is severe, apply topical hydrocortisone cream. Mild flaking usually occurs in **two to three (2-3) days**, and may continue for up to **seven (7) days**. Each individual is different, some people may experience no flaking, or some may experience slightly more.
- If you experience any crusting or scabbing, do not pick, this can occur and is normal. Please call your aesthetician so we can discuss your symptoms and make recommendations to alleviate any discomfort. Apply an antibiotic ointment to keep area moist.
- Do not peel, pick, scratch or scrub skin. This can result in scarring and/or infection.
- Refrain from waxing or electrolysis for **thirty (30) days** following a medical microdermabrasion treatment. Upon resumption, please notify your technician that you have recently had a microdermabrasion treatment.
- Refrain from collagen, dermal fillers, Botox injections for at least **seven (14) days** or until after last treatment if you are doing a series. Please notify your physician or nurse that you have recently had a medical microdermabrasion treatment.
- Avoid exercise for at least a few hours after procedure. Drink additional water. Cold compresses can provide relief from the "wind-burned" feeling.