


MICRODERMABRASION
Pre and Post Instructions

PRE-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, Alustra or other brands of Tretinoin), other prescription Retinoid products (Adapalene, Avage, Differin, Tazorac, Tazarotene) **30 days** prior to treatment.
- No waxing, electrolysis, other hair removal products or methods within **seven (7) days** prior to treatment.
- No Botox, collagen, or other dermal filler injections within **14 days** prior to treatment.
- Follow all pre-microdermabrasion home care product recommendations as instructed by your Technician. Optimal results are achieved by following a home care regimen that will enhance the microdermabrasion process.

POST-MICRODERMABRASION INSTRUCTIONS:

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 will feel “wind-burned” and will also be more vulnerable. The risk of getting sunburned following a treatment increases dramatically.

- 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. Avoid direct sun exposure. All tanning and tanning beds must be avoided.
- 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) **three (3) 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 microdermabrasion treatment.**
- Refrain from waxing, electrolysis or other hair removal methods for thirty (30) days. Upon resumption, please notify your technician that you recently had a microdermabrasion.
- Refrain from Botox, collagen or other tissue filler injections for **fourteen (14) days** following a 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.