

MICRODERMABRASION Pre- & Post-Care Instructions

PRE-MICRODERMABRASION INSTRUCTIONS:

- Contact lenses cannot be worn during skin peels. Please remove prior to your appointment.
- If you are prone to cold sores, it is recommended to obtain a prescription from your physician for an anti-viral 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.
- Discontinue use of over-the-counter Retinol, Glycolic, and other Alpha Hydroxy Acids, Salicylic, or Beta Hydroxy Acids, or other exfoliation products **3 days prior** to treatment.
- Discontinue use of prescription Retinoid products (Retin-A, Renova, Tretinoin, Avita, Alustra, or other brands of Tretinoin), other prescription products (Adapalene, Avage, Differin, Tazorac, Tazarotene) **14 days prior** to treatment. *Always consult your physician prior to discontinuing any prescription medication.*
- No waxing, electrolysis, other hair removal products or methods for **7 days prior** to treatment. No Botox, collagen, or other dermal filler injections within **7 days prior** to treatment.
- Do not use self-tanning agents, tanning bed, or obtain extended sun exposure for at least **48-hours prior** to treatment.
- Follow all pre-microdermabrasion home care product recommendations as instructed by your Skin Therapist. Optimal results are achieved by following a home care regimen that will enhance the microdermabrasion process.

POST-MICRODERMABRASION INSTRUCTIONS:

A 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 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.*

- You may resume your daily activities or return to work immediately. Mineral makeup may be applied following a treatment. If you experience sensitivity following makeup application, remove it with a gentle cleanser.
- Sunscreen will be applied to your skin before you leave. You must protect your skin every day with a *full spectrum sunscreen* that protects against both UVA and UVB rays, with an SPF of 20 or higher. A sunscreen containing zinc oxide and/or titanium oxide to provide full spectrum protection is recommended. *All tanning (including tanning beds) and direct sun exposure must be avoided for 5-7 days after the treatment.*
- 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-hours** following treatment. You may resume using these products after this period as instructed by your Skin Therapist.
- 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 Skin Therapist. **If you are receiving a series of treatments, do not resume any of these products until after you have completed your last microdermabrasion treatment.**
- **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 skin peel.
- Refrain from Botox, collagen or other tissue filler injections for **7 days** following the microdermabrasion treatment.
- Avoid exercise the day of your peel. Drink additional water. Cold compresses can provide relief.