

## MICRODERMABRASION PRE & POST CARE INSTRUCTIONS

### Overview:

Microdermabrasion is a cosmetic technique that uses a mechanical medium for exfoliation to remove the outermost layer of dead skin cells from the skin's surface. Microdermabrasion can provide substantial improvement in irregular skin tones, aged and sun-damaged skin. It also helps to correct fine lines and wrinkles, age spots, and superficial pigmentation. It provides general exfoliation, skin rejuvenation, reduces blackheads and whiteheads, and helps alleviate post-traumatic pigmentation.

### Risks and Side Effects:

- A burning sensation or stinging may occur during the treatment.
- Possible side effects include, but are not limited to: peeling, tightness, mild to extreme redness, suction marks, wind-burn sensation, dry and flaking skin.
- The results of this treatment may vary due to conditions such as age, condition of the skin, sun damage, damage due to smoking, climate, etc.
- Some patients may experience redness, irritation, dryness, post treatment acne flares, or folliculitis.
- Blemishes and/or cold sores may result after this treatment.
- This treatment is a cosmetic treatment and no medical claims are expressed or implied.

### Before Treatment:

- Inform your provider if you have a history of facial and/or nasal herpes to receive advice on antiviral therapy prior to treatment.
- **7 DAYS BEFORE** treatment: Avoid chemical peel, waxing, electrolysis, Laser treatments, or threading within 7 days before and after this treatment.
- **5 DAY S BEFORE** treatment: Do not receive injections of Botox, Collagen, Juvederm, Restylane, Perlane, or other injectibles.
- **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. Also AVOID waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.
- Avoid excessive sun exposure and wear a broad-spectrum sunscreen daily of SPF 30 or higher (i.e., EltaMD®).

### Day of Treatment:

- Please arrive to the office with a "clean face". Please **do not wear makeup**, if possible.

### Immediately After Treatment:

- It is normal for skin to appear red and inflamed. Light scabs may form in the treated area and remain for 24 to 48 hours.
- Discontinue use of all topical products for 72 hours following treatment.
- Use a gentle moisturizer as needed (i.e., Avene® Ciclafate Post Procedure Skin Recovery Lotion).
- Cleanse skin with a mild cleanser (i.e., CeraVe® Foaming Facial Cleanser).
- Do not use heavy makeup for the first day.
- Avoid excessive sun exposure, including tanning booths, and wear a broad-spectrum sunscreen daily of SPF 30 or higher.