

Microdermabrasion Pre & Post Instructions

Pre Treatment

Two days prior to treatment, discontinue using all alpha hydroxy acid products (those containing glycolic or lactic acid), salicylic acid products, retinoids (Retin A, Renova, Differin and Tazorac) and other topical acne medications such as benzyl peroxide.

The following procedures should not be performed for a minimum of 7 days before microdermabrasion:

- Waxing
- Electrolysis
- Injections (Botox, fillers)
- Chemical Peels
- Laser Treatments

NOTE: If you have a history of herpes simplex virus (cold sores or fever blisters), in rare instances a reactivation of this condition could occur after treatment. Please inform your technician so that an anti-viral medication can be prescribed before the treatment.

Post Treatment

You have experienced a mild abrasion to your skin. For the first several hours you will feel as if you have a windburn on your face or treated area; this feeling will gradually dissipate. Anything you apply to your skin over the next day or two may feel tingly or irritating.

Two to three days after your treatment, your skin may feel dry and flaky. A moisturizer applied twice daily will help. Be sure to ask your technician what she would recommend for post procedure products. Make-up may be applied post procedure, if desired.

Do not use any AHAs, salicylic acid products, retinoids, and other topical acne medication for 72 hours after the treatment.

Do not directly expose the treated area to the sun or tanning bed for at least 48 hours after the treatment. Use a broad spectrum sunscreen every day to block UVA and UVB rays; one containing zinc oxide and/or titanium dioxide. Exposure to the sun increases your chance of post hyper-pigmentation.

The following procedures should not be performed for a minimum of 7 days after a microdermabrasion treatment:

- Waxing, Electrolysis
- Scrubs or exfoliants
- Chemical Peels
- Laser Treatments