



Microdermabrasion Pre Protocols

- ❖ The treated area may have erythema, redness, dryness, peeling tightness. The treated area is delicate and should be treated with care.
- ❖ Before each appointment, let us know if there have been any changes in your medical history, medications or skin care products since consultation.
- ❖ Remember, NO bleaching, tweezing, plucking, waxing, threading, using depilatory creams or electrolysis for 2 weeks prior to your treatment as this can make the skin reactive.
- ❖ History of herpes or cold sores may require an anti-viral prescription prior to treatment.
- ❖ Do not exfoliate the day of peel - You may also be advised to stop using exfoliating creams and masks approximately three days prior to treatment.
- ❖ Please clean the treatment area before appointment, leave your skin FREE of cosmetics, lotions, creams, and perfume/colognes.
- ❖ No Accutane use within 6 months.
- ❖ Do not have unprotected sun exposure/sunburn, tanning beds, and sunless tanners 2 weeks prior to this treatment or future treatments. (No sunburn) Wear sunscreen every day.
- ❖ No shaving for 12 hours prior to treatment
- ❖ No Facial surgery within 12 weeks
- ❖ Ensure you are not currently on antibiotics, nor have been on antibiotics in the past 4 weeks. Understand treatments cannot be done if you are on such medication.
- ❖ For this and future treatments you will stop using any active ingredients/photosensitive medications or products (such as Retinal, Hydroquinone or steroids) up to 7 days prior to the treatment. The reason for this is to avoid any chance of developing blisters. If you are not sure whether the medication you are taking is photosensitizing, please ask your prescribing physician prior to your appointment.
- ❖ You have not used fillers or Botox within 4 weeks of any treatments in the treatment area, for this or future treatments.
- ❖ You will not come for treatment at any time if you have had a peel, chemical or other microdermabrasion, laser, or light therapy, within 4 weeks. If you are not sure if your treatment will be a contraindication, please discuss with the technician.



Microdermabrasion Post Protocols

There is little to no downtime after microdermabrasion, and you can resume your daily activities immediately. You may have mild redness and minimal swelling (like a sunburn) for a few minutes up to 48 hours.

- ❖ No exercise, body tx, hot tub, sauna, steams, swimming pools, massage until skin is back to normal for 72 hours post treatment. Shower with lukewarm/cool water only.
- ❖ Do not rub the treated area with a face cloth or towel. Pat the area dry so the skin is not disturbed. Avoid sports if bruising is present to reduce skin irritation and infection.
- ❖ DO wash twice a day with a gentle cleanser and liberally apply a gentle moisturizer after cleansing and throughout the day as needed to prevent dryness.
- ❖ Avoid heavy makeup for 24 hours after treatment If you must wear makeup: apply light makeup BUT apply it with a clean applicator or clean hands.
- ❖ Do NOT vigorously rub the skin and DO NOT pick/scratch/exfoliate at the flaking skin as this may cause scarring/hyperpigmentation.
- ❖ Please wait 7 days before resuming the use active ingredient/photosensitive medications/products like Retin-a (tretinoin), Renova, Differin, Tazorac, Ziana, Veltin, Atralin, glycolic acids or any other exfoliating agents, even a Clarisonic Brush or any others with these as an active ingredient.
- ❖ Do not use fillers or Botox within 1 week post treatments in the treatment area.
- ❖ Do not have additional treatment such as peel, chemical or other, microdermabrasion, laser, or light therapy etc. for 4 weeks post treatment.
- ❖ NO bleaching, tweezing, plucking, waxing, threading, using depilatory creams or electrolysis for 2 weeks prior to your treatment. No shaving for 12 hours after treatment.
- ❖ You will need to avoid unprotected sun exposure/sunburn, tanning beds, and sunless tanners 4 weeks post treatment. SPF 30+ is mandatory before/after/in between treatments to prevent burns and other complications.
- ❖ Keep your skin hydrated and use gentle skin care products. Avoid using topical acne medications for at least one day after treatment. Exfoliate on the 5th day with a gentle exfoliator if skin can tolerate it.
- ❖ Rebook - 6 treatments, 4 weeks apart.