



Hydramicrodermabrasion and Microdermabrasion Aftercare Information

Please follow the guidelines below for at least 48 hours unless stated otherwise.

Do not wash your face for 24 hours.

No Makeup for 24 hours.

Do not touch your face.

No heat treatments, saunas, or steam rooms.

No infrared treatments.

No further skin resurfacing treatments or aesthetic facial treatments, filler, botox, chemical peels etc. for 2 weeks.

Wear an Spf of at least 30.

No sunbeds 2 weeks

No perfumes or aftershaves on the area.

No products containing vitamin C 72 hours.

No massage directly on the area.

Apply a cold compress if continued irritation occurs.

Use a deep moisturising cream for the first few days Cerve is perfect or Aloe Vera gel. Apply frequently.

Do not sit out in the sun, your skin will be photosensitive 2 weeks.

Do not scratch or pick at the skin.

No active products should be used on the skin such as retinol, glycolic, vitamin A, AHA's 72 hours.

No swimming or chlorine.

Avoid where possible extreme weather conditions.