

**Microdermabrasion Aftercare**

To maximize microdermabrasion recovery time and results, it is important to follow all post-procedure instruction below:

* Keep the new skin clean and moisturized.
* Anti-inflammatory creams or cold compresses may be used as necessary.
* Use a gentle cleanser.
* Trauma such as scratching or picking the treated area should be avoided.
* It is important to avoid irritating the treated skin with harsh chemicals, rubbing or tanning for one week.
* Although some peeling may occur in the treated areas, moisturizer should help minimize this effect.
* Avoid staying in the sun for at least 7 days after the microdermabrasio treatment to prevent UV rays from damaging your skin which slows down the recovery.
* Patients who absolutely cannot avoid sun exposure should use a broad-spectrum sunscreen with an SPF of 30 or higher.
* Do not use glycolic, alpha hydroxy, beta hydroxy, retinol, benzyl peroxide or topical acne medicatios for 24-48 hours following treatment.
* You may resume prescription retinoid products (Retin A, Renova, Tretinoin, Avita, Alustra or other brands f Tretinoin and other prescription retinoid products (Adapalene, Avage, Differin, Tazorac, Tazarotene) 3 - 7 days after last microdermabrasion treatment or as instructed by your esthetician.