1. **What is Microdermabrasion?**

* Microdermabrasion treatments use a minimally abrasive instrument to gently sand your skin, removing the thicker, uneven outer layer.
* This type of rejuvenation is used to treat light scarring, discoloration, sun damage & stretch marks.
* Microdermabrasion can:
  + Improve age spots & blackheads.
  + Improve hyperpigmentation (patches of darkened skin).
  + Exfoliate the skin, resulting in a refreshed appearance.
  + Lessen the appearance of stretch marks.
  + Reduce fine lines & wrinkles.
  + Reduce or eliminate enlarged pores.
  + Treat acne & the scars left behind by acne.
* Microdermabrasion helps to thicken your collagen, which results in younger looking complexion. Collagen is the protein in your skin that is abundant when you’re a child and makes the skin appear taut and smooth. Collagen production decreases with age, resulting in looser, uneven skin.

1. **Is there recovery / downtime involved with Microdermabrasion?**

* There is no down time or recovery period following a microdermabrasion treatment. Clients may be a little pink and feel a mild windburned sensation that will go away within 24 hours.
* However, many clients look instantly rejuvenated after the treatment and have no redness at all.
* Estheticians should recommend the proper moisturizer or skin treatment to help the client maintain prolonged results.

1. **What are the results of Microdermabrasion?**

* Microdermabrasion results in a polished, smoother, brighter and more even complexion.
* Several treatments are recommended for the maximum benefit.
* Microdermabrasion can be done every 7 – 14 days and should be done a minimum of 6 times for best results.

1. **Microdermabrasion procedure steps:**

* Imagine a very fine sand blaster and you’ll get the picture of how microdermabrasion works. It uses microparticles or a diamond-tipped want to remove the top layer of the skin and stimulate new skin growth.
* Two kinds of microdermabrasion procedures: one approach involves a hand-held device that streams tiny crystals across your skin (crystal microdermabrasion). An attached vacuum simultaneously suctions those exfoliating crystals back into the machine, along with the dead or loosened skin.
* The newer approach uses a diamond-tip wand that is gently moved across your skin to exfoliate.
* Each treatment will last about a half hour. You may feel a mild scratching as the procedure removes the superficial skin cells.
* Additionally, you’ll notice a vibrating sensation to the skin. There is also a suction mechanism to lift off dead skin.

**Microdermabrasion risks & safety**

* Any discomfort experienced as part of microdermabrasion is usually short-lived. This can include redness & swelling, which should subside within a few hours. Later, you can expect the skin to be flaky for several days.
* Additional microdermabrasion risks include:
  + Bruising, which can occur from the suction and may last several days.
  + Your skin will be more sensitive to sun exposure. Be sure to use sunscreen, especially immediately following a microdermabrasion session.

**Microdermabrasion Treatment Protocol**

Always assess your client’s skin before treatment. Clients with rosacea, very sensitive skin active acne lesions, open wounds or sores, waxing within the last 7 days in the treatment area or clients who have received botox in the previous 2 weeks or dermal fillers in the previous 4 weeks are NOT candidates for Microdermabrasion. Clients using topical skin exfoliation treatments (Retin-A, retinols, AHA’s such as glycolic or lactic acid treatments, hydroquinone, prescription acne medications such as Tazarac, Differin, Azelex, Epi-duo etc) must discontinue these treatments 2 weeks prior to be treated for Microdermabrasion. Clients on Accutane cannot receive Microdermabrasion treatments for at least 6 months after discontinuing treatment!

**Procedure:**

1. Double cleanse your clients face & neck using a foaming cleanser.
2. Degrease the client’s skin with alcohol or a witch hazel-based toner. Use a cotton pad or gauze.
   1. Your client’s skin must be completely dry before performing the treatment.
   2. Dry the skin with a tissue or cotton pad to ensure there is no moisture at all on their skin, this is especially important when using the Crystal Microdermabrasion Method.
3. Most clients can tolerate 2 passes of Microdermabrasion. You will do one pass in a vertical pattern across the client’s face followed by the 2nd pass in a horizontal pattern across the face.
   1. When using the Crystal Microdermabrasion, the crystals must be swept off the skin with either a tissue or facial brush in between passes. This is not necessary when using the Diamond Tip Method.
4. You must hold the skin being treated very taut when performing microdermabrasion. This is a very important step to reduce the risk of bruising and discomfort for your client.
   1. When using the microdermabrasion wand on the skin, be sure not to press down with excessive force on the skin. The suction machine will do the work for you. Shorter strokes are better to lessen the discomfort and chance of streaking the skin.
5. When using a light AHA peel (glycolic or lactic) following Microdermabrasion, only ONE PASS of microdermabrasion is done before applying the peel with either a gauze or a fan brush.
   1. Leave the peel on for no more than 5 minutes, gauge redness and discomfort by asking questions on what the client is feeling on a scale of 1 – 10 making sure they are not getting excessively red.
   2. Neutralize with cotton pads soaked in cold water.
6. If you are using a Crystal Microdermabrasion machine, brush off whatever crystals are on the face with either a fan brush or tissue then gently cleanse the face. (Not necessary when using the Diamond Tip Method)
7. Tone your client’s skin.
8. Apply a soothing mask or collagen mask to the face with a fan brush.
   1. Leave the mask on for 10 minutes.
   2. During this time perform either a scalp massage or arm & hand massage.
9. Remove the mask with a warm towel and apply a hydrating serum and moisturizer to your client’s skin.
   1. Always end a microdermabrasion with an SPF 30 or higher.
10. Be sure to give your client after care instructions.
    1. No exfoliating treatments for 7 days, no waxing for 7 days, wear SPF 30 or higher whenever they are outdoors, avoid tanning or sun exposure for at least 1-week post treatment. Do not resume using topical exfoliants for 4 – 5 days following treatment. Drink plenty of water and apply serum & moisturizer to prolong the results.

**Steps for a Microdermabrasion / Facial (60-minute service)**

1. Double cleanse with a foaming cleanser.
2. Alcohol or witch hazel the face with cotton pad or gauze.
   1. Dry the face with a dry cotton.
3. Do ONE PASS of microdermabrasion, either the vertical or horizontal on the entire face.
4. Steam the face without exfoliation (you just exfoliated with the microdermabrasion) 5 – 7 minutes.
   1. You can perform a scalp massage during this time.
5. Perform extractions.
6. Tone the skin.
7. Apply the mask & perform your relaxing massage to the décolleté & arm and hands.
   1. Do not massage the face.
8. Remove the mask with a warm towel and perform your final steps (tone, serum, moisturizer & spf)
9. Instruct your clients to wear SPF every 2 hours and avoid direct sun exposure for one week, do not exfoliate or wax the face for one week and no topical creams besides soothing / hydrating products for 2 – 4 days while the skin is sensitive.

**Steps for a Microdermabrasion / Chemical Peel (30-minute service)**

1. Double cleanse with a foaming cleanser.
2. Alcohol or witch hazel the face with cotton pad or gauze.
   1. Dry the face with a dry cotton.
3. Do ONE PASS of microdermabrasion, either the vertical or horizontal on the entire face.
4. Apply a light AHA peel, either glycolic or lactic (no more than 30% strength) to the face with a gauze, Q-tips or fan brush.
   1. A thin layer is all that is needed. Never apply a strong peel like a TCA or Jessner’s after a microdermabrasion.
   2. Never perform the peel before the microdermabrasion, only after.
5. Monitor the skin and ask the client what they are feeling on a scale of 1 – 10. Leave the peel on for approximately 5 – 7 minutes.
6. Remove the peel with cold cotton pads soaked in very cold water, no hot water.
   1. Adding 1 – 2 tsp of baking soda to the cold water will neutralize the peel even more effectively. Continue to remove the peel until the client no longer feels any tingling.
7. Apply a soothing and hydrating gel mask to the face.
   1. Perform an arm & hand massage while the mask is sitting.
8. Remove the mask and perform your final steps (tone, serum, moisturizer & spf)
9. Instruct your clients to wear SPF every 2 hours and avoid direct sun exposure for one week, do not exfoliate or wax the face for one week and no topical creams besides soothing / hydrating products for 2 – 4 days while the skin is sensitive.

**Microdermabrasion**

**Pre & Post Treatment Instructions**

Microdermabrasion pre-care instructions & contraindications

**Absolute Contraindications**

1. Accutane in the previous 6 months
2. Pregnancy
3. Autoimmune diseases (Multiple Sclerosis, HIV, Lupus, Hepatitis, etc)
4. Diabetes
5. Active acne
6. Use of blood thinners (Heparin, coumadin, warafin, baby aspirin etc)
7. Eczema, psoriasis, dermatitis, rosacea, or rash in the treatment area
8. Irregular pigmented areas, raised moles. Warts, outgrowths, telangiectasia
9. Keloid scarring

**Conditional Contraindications**

1. Laser procedures, chemical peels, waxing or exfoliation treatments in the previous 2 weeks
2. Use of topical creams / serums in the previous 2 weeks containing the following (Retin-A, Retinol, AHA’s including glycolic and lactic acid, hydroquinone, acne topicals including Epi-duo, Tazarac, Aczone, Differin, etc;
3. Unprotected sun exposure & tanning in the previous 2 weeks & or sunburn
4. Botox in the previous 2 weeks & filler in the previous 4 weeks

**Microdermabrasion Post Care Instructions**

1. Wear sunblock SPF 20 or higher for at least 1 week following treatment. Sunscreen should contain one of the following ingredients: (Parasol 1789 – Avobenzone), Titanium Dioxide or Zinc Oxide
2. Do not wax your face for 5 – 7 days
3. Do not use Retin-A, Retinols, AHA’s (glycolic acid, etc) for 2 – 4 days while skin is sensitive
4. Do not tan for 1 week after microdermabrasion
5. Your skin may be slightly swollen, tightened, and pinkish / red, but when this will resolve in 24 hours. Mild flaking over the next 3 – 4 days is possible
6. Optimal results are obtained by administering a series of treatments, then scheduling follow up treatments to maintain results

**I have received a copy of the pre- and post-instructions for Microdermabrasion**

**Client Name Printed: ­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Client Signature: ­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Microdermabrasion Consent Form**

1. I voluntarily request that \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and such associates, technical assistants, and other skincare professionals he or she may deem necessary, to perform the microdermabrasion procedure. I acknowledge having been informed that this cosmetic procedure is intended to remove surface layers of the skin to improve vitality of the skin.
2. I understand that my skin care professional can discover other or different conditions that may require additional or different procedures than those planned. If my skin care professional discovers such other or different conditions, I will be referred to an appropriate medical care provider.
3. I acknowledge that while the goal of such a procedure is the removal of damaged skin, the realistic results average 50% - 70% improvement. I acknowledge that the practice of cosmetology / esthetics is not an exact science and that no specific guarantees can have been made concerning the expected result. Some clients are improved and in others no appreciable improvement is noticed.
4. I also realize that the following risks and hazards may occur in connection with the particular procedure: worsening or unsatisfactory appearance, creation of additional problems such as: poor healing or skin loss, nerve damage, painful or unattractive scarring or recurrence of original condition.
5. I have been informed that there are risks such as loss of blood and infection that are attendant to the performance of any exfoliation.
6. I have been advised of alternate methods available for my treatment, which include acid peels and laser resurfacing.
7. I acknowledge my obligation to follow the written and spoken instructions covering my pre- and post-treatment skincare regimen.
8. I acknowledge that multiple treatments may be required. The cost of these were disclosed prior to the first treatment.
9. I have received a thorough explanation of my pre-exfoliation and post-exfoliation instructions. I understand these instructions and I have received copies for reference. I understand that should I have additional, questions; I should not hesitate to call.

I certify that I have read the above consent and I fully understand it. I have been given ample opportunity for discussion and all of my questions have been answered to my satisfaction. I hereby consent to the microdermabrasion procedure. This constitutes the full disclosure and supersedes any previous verbal written disclosures.

**Client Signature: ­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**



