

Pre - Microdermabrasion Instructions:

***Do not use Retin-A or other exfoliating creams 24 to 72 hours (1 to 3 days) prior to your treatment. Avoid sun tanning or tanning creams/sprays for at least a week before treatment.**

***You must NOT have had laser surgery or used Accutane in the last 6 months.**

***Candidates who have had a recent chemical peel or other skin procedure, such as collagen injections, should wait two to three weeks before undergoing microdermabrasion.**

***Prospective patients should also refrain from waxing or tanning the skin to be treated for a few weeks prior to microdermabrasion treatment.**

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

***Keep the new skin clean and moisturized.**

***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 microdermabrasion 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 medications for 24-48 hours following treatment.**

***You may resume prescription retinoid products (Retin A, Renova, Tretinoin, Avita, Alustra or other brands) 3 - 7 days after last microdermabrasion treatment or as instructed by your technician.**

*** Some side effects include some scratches on the skin and or if your skin gets too hot you can get some raised lines upon the skin. They go down within 24 hours.**