

MICRODERMABRASION POST CARE



Avoid direct sunlight for at least 7 days & always wear sunscreen.



Avoid use of retinoids, acne creams, and exfoliating agents for the first 3-5 days.



Avoid vigorous exercise for at least 24 hours.



Avoid sauna, hot tubs, or steam treatments for at least 7 days.



Avoid chemical peels, laser skin resurfacing, skin tightening, tanning in treatment area for 2 weeks.



Avoid chlorine for at least 7 days.



Avoid touching the face or removing the products for at least 12 hours.



Use a serum or moisturizer to keep skin hydrated.



Book your next session as advised by your skin specialist.