



### **MICRODERMABRASION AFTERCARE**

There is no downtime, and your skin will look fresh and glowy, possibly pink, or sensitized post-treatment, depending on your skin type. This is caused by the blood circulation stimulated by treatment and will subside within a few hours. You can resume normal activities and apply makeup or moisturizer directly after your microdermabrasion session.

Immediately after your treatment, I will apply a broad spectrum UVA/UVB, SPF 30 to protect your skin. I recommend a chemical-free sunscreen, such as *Lira Clinical Solar Shield SPF*. Keep in mind that you should be using SPF everyday, as part of your ongoing skincare routine. SPF protects your skin from sun damage and premature aging. 90% of aging is caused by sun exposure, while only 10% of aging is genetic.

- Avoid direct sunlight/tanning booths following your session.
- Avoid products containing harsh ingredients, dyes, or perfumes until the skin has fully healed.
- Avoid excessive heat 24 hours post-treatment – heavy workouts, steam rooms, saunas.
- Avoid swimming for 24 hours.
- Avoid facial waxing for 1 week.
- Do not pick, scratch, or aggressively rub the treated area.
- No scrubs, polishers, or aggressive brushes should be used for 1-2 weeks.
- You may experience slight peeling for the first few days.
- Slight windburn sensation and/or blotchiness are normal for the first few days.
- Skin care products may tingle or feel spicy for the first few days.

### **HOMECARE**

- If possible, I recommend you do not apply makeup for 24 hours post-treatment. In addition, do not apply any makeup with a makeup brush or sponge, especially if the implement is not clean.
- If you are able to – sanitize your makeup brushes, phone, and pillow cases either before/after any facial service, as this will greatly maximize your results.
- Use a gentle cleanser, apply moisturizer and SPF 30 daily for a minimum of 72 hours post-treatment.
- Apply serums and/or moisturizers, as absorption levels will be elevated.

*For best results, microdermabrasion treatments are recommended every 4-6 weeks.*