
Microdermabrasion



Microdermabrasion is a minimally invasive procedure used to renew overall skin tone and texture. It can improve the appearance of sun damage, wrinkles, fine lines, age spots, acne scarring, melasma, and other skin-related concerns and conditions. This treatment can be combined with other peels to customize your treatment and it is safe if you are pregnant or breastfeeding.

- Avoid taking blood thinners, ibuprofen, Acetaminophen and pain relievers before a peel, although it may relieve pain temporarily it also thins the blood leaving you prone to bruising and broken capillaries.
- Hold off on using Prescription acne products Retin-A, Renova (tretinoin cream) and all other medication 48 hours prior to and after you peels unless instructed by your skin specialist.
- Avoid sun exposer and sun beds or sauna, steam rooms and jacuzzi for 3-5 days as this will increase your chances of broken capillaries.
- Avoid vigorous exercises, hot yoga and swimming for 48 hours after microdermabrasion and dermaplaning treatment. If you had a chemical peel avoid vigorous exercises 3-5 days after treatment unless instructed otherwise.
- Our preference would be to wait 10 days to 2 weeks, until the swelling and bruising from fillers have fully revolved. Botox also takes approximately 2 weeks to achieve the full effects.

- We recommend waiting at least 2 weeks, to give enough time for your skin to recover after IPL Laser Treatment. Having a Chemical Peel 1-2 weeks prior to IPL Laser treatment will be a good idea as well. When the skin exfoliates the light from the IPL will penetrate better and you will have a more beneficial treatment.
- Microdermabrasion is also recommended 2 weeks after IPL treatment to exfoliate the dead skin cell and improve overall skin texture. If you are having Laser Hair Removal you need to wait 10 days
- Microdermabrasion - usually Laser Hair Removal on Face is done monthly so 1 Microdermabrasion session fits nicely in between your Laser sessions.
- Do not use any exfoliating products containing AHA's for up to 7 days after. Microdermabrasion treatment. These can irritate the skin.
- Avoid any waxing / epilating for up to 1 to 2 weeks after Microdermabrasion, Dermaplaning, Microneedling, Chemical peels and Laser treatments. Remember you can cause trauma and hyper-pigmentation to your skin.
- If you have had a skin peel you need to wait minimum of 14 days before you can have Microdermabrasion- Otherwise the two treatments combines together can have harsh effects on the skin. Drink plenty of water to re-hydrate the skin.
- Remember that the new fresh skin that is exposed is delicate- Use sunblock to protect the skin from the harmful rays of the sun. Keep the skin well moisturized, using Epicuren moisturizer day and night - this will avoid any peeling and dryness.
- Keep the skin clean- that means cleanse, tone and moisturize everyday as instructed by your skin care practitioner. Your recommended treatment should be repeated everyday your will attain healthier skin after each and every treatment.