



## MICRODERMABRASION TREATMENT:

### BEFORE YOUR APPOINTMENT

- **It is imperative that you avoid sun exposure and tanning beds for at least 1 week prior to your treatment.** This is a must and no exceptions will be made.
- We recommend that you avoid the following for at least 1 week before your peel procedure:
  - Electrolysis, Waxing, Depilatory creams, Laser hair removal, and Any exfoliating products.
  - Any products that may be drying or irritating, including products containing salicylic acid, alpha hydroxy acids, vitamin c, hydroquinone, retinoid, and prescription medications.
  - Botox, Dysport and Filler treatments.
- Inform your provider if you have a history of facial and/or nasal herpes to receive advice on antiviral therapy prior to treatment.

### THE DAY OF YOUR APPOINTMENT

- If possible, arrive without creams or make-up on the treatment area. Cleansing products are available for your convenience.
- Allow 30-45 minutes for your appointment depending on the size of the treatment area.
- Pre-treatment photos may be taken.

### WHAT TO DO AFTER YOUR TREATMENT

- It is recommended that makeup not be applied the day of treatment, as it is ideal to allow the skin to stabilize and rest overnight.
- Discontinue use of all topical products for 72 hours following treatment.
- Avoid excessive sun exposure, including tanning booths, and wear a broad-spectrum sunscreen daily of SPF 30 or higher.

### WHAT TO EXPECT

- Your skin may be temperature sensitive for several days after treatment.
- It is normal for skin to appear red and inflamed. Light scabs may form in the treated area and remain for 24 to 48 hours.

### AFTER CARE

- Continue regular **Epionce Cleanser and Renewal Facial** or **Obagi Gentle Cleanser and Hydrate** product for skin type. **Epionce Lytic** or **Obagi Clear** application may be resumed 1 week post procedure, or when the skin is no longer sensitive.
- Avoid topical products that contain alpha or beta hydroxy acids, retinols or Retin A for approximately 72 hours or longer. If irritation occurs after applying the above products, wait a few more days to allow your skin to heal.
- Avoid direct sunlight on the treated area and use a broad spectrum UVA/UVB sunscreen of SPF 30 or greater for 4-6 weeks after your treatment. We recommend the **Obagi Sun Shield Matte** or **Epionce Ultra Shield Lotion**.

**For any questions or concerns, please call EFC Medspa at (281) 560-3955. In the event of a medical emergency, immediately go to the nearest hospital and/or ER or dial 911.**