



## Pre & Post Microdermabrasion Information

### 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 recently used Accutane.
- Candidates who have had a recent chemical peel 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.
- Wash your face and neck with a non-oily, non-soap based cleanser before each scheduled treatment. If possible, please arrive to your appointment with no makeup and a clean face.

### 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
- Though unlikely to be needed, Anti-inflammatory creams or cold compresses may be used as necessary.
- 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, benzoyl peroxide or topical acne medications for **24-48** hours following treatment.
- You may resume prescription retinoid products **3 - 7 days** after your microdermabrasion treatment or as instructed by clinician or dermatologist.

**If you have any concerns after your treatment, please call us during normal business hours at 803-781-1201.**