

## Microdermabrasion

### Pre-procedure instructions:

Two days prior to treatment, discontinue using all alpha hydroxy acid products (those containing glycolic or lactic acid), salicylic acid products, retinoids (Retin A, Renova, Differin and Tazorac) and other topical acne medications such as benzoyl peroxide. If in doubt about using any product, please discontinue it and discuss with the nurse at your appointment.

The following procedures should not be performed for a minimum of 7 days before microdermabrasion:

- Waxing
- Tweezing
- Electrolysis
- Laser treatments (any kind)
- Injections (Collagen & BOTOX)
- Chemical peels (any kind)
- Facials

NOTE: If you have a history of herpes simplex virus (cold sores or fever blisters), in rare instances a reactivation of this condition could occur after treatment.

### Post-procedure instructions:

- Use a gentle cleanser and moisturizer twice daily.
- Do not use any alpha hydroxy acid products (those containing glycolic or lactic acid), salicylic acid products, retinoids (Retin A, Renova, Differin and Tazorac) and other topical acne medications such as benzoyl peroxide for 72 hours after the treatment.
- Avoid scratching or picking the treated area.
- Do not directly expose the treated area to the sun for at least 72 hours after the 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, preferably one containing zinc or titanium dioxide which should not irritate the skin.

The following procedures should not be performed for a minimum of 7 days after microdermabrasion:

- Waxing
- Scrubs or exfoliants
- Electrolysis
- Tweezing
- Laser treatments (any kind)
- Facials or masks
- Chemical peels (any kind)

**Protect your investment. To maximize microdermabrasion recovery time and results, it is important to follow all post-procedure instructions.**