



## **Microdermabrasion Pre/Post Treatment Instructions**

- **Your skin may** be red or have a wind burned or sunburned look for a few days. Some patients even experience a minor peeling of the skin as well, and this is normal.
- **Make sure to avoid** alpha-hydroxy acid, glycolic acid products, salicylic acid, Retin-A, hydroquinone, and skin exfoliation scrubs for **72 hours before and after the treatment**. Do not wax or use a hair remover solution on your skin 3 days before or after the treatment.
- **Also stay out of** direct sunlight and tanning beds for **7 days** after the treatment and use an SPF of at least 15 on the area of skin being treated .
- **You may wear** makeup after the procedure but try to avoid heavy or extremely oily make up for 24 hours if possible.
- **Use a calming cleanser and moisturizer** to hydrate your skin as often as you feel necessary.
- **If redness or irritation** occurs use aloe to calm the skin
- **Always notify** your aesthetician of any skin care or health changes each time you come in.
- **Your participation** in your skin care treatments will determine the outcome. It is important that you strictly adhere to your home care products that your esthetician has recommended.

Remember the more treatments or series of treatments you receive the better results you will have. Please contact your esthetician if you have any concerns about your skin after the procedure.