



Microdermabrasion Pre and Post Procedure Instructions

PRE TREATMENT

- Avoid use of accutane 6 months prior to treatment. Avoid sun tanning, tanning creams or sprays for at least a week before treatment.
- Discontinue use of products containing alpha hydroxy acids (glycolic, lactic, etc), salicylic acid, retinoids (retin a, renova, differin, tazorac, etc), and topical acne products one week prior to your treatment.
- Avoid sun tanning, tanning creams or sprays for at least a week before treatment.
- Do not wax, tweeze, or use a depilatory on treated areas for a week prior to treatment.
- Facial hair should be shaved a day before treatment.
- Microdermabrasion is not recommended during pregnancy.
- Avoid laser hair removal, laser skin rejuvenation, electrolysis, botox and dermal fillers for two to three weeks before treatment.

POST TREATMENT

- You may have mild redness and minimal swelling for a few minutes up to 48 hrs. You may apply aloe Vera or a cold compress. **Post Procedure Kit recommended.**
- Acne may flare up if the skin is congested as microderm helps to purge the skin of impurities.
- Avoid exercise or excessive perspiration for 24 hours after procedure.
- Avoid direct sun exposure and tanning on treated areas for at least 3 days after treatment. Daily sunscreen with an SPF of at least 30 is vital to maintain the improved skin.
- Avoid use of same products above for at least 3 days after treatment.
- Do not wax, tweeze, or use a depilatory on treated areas for a week after treatment.
- Some peeling may occur on the treated areas, applying a moisturizer twice daily will help minimize this effect.
- Avoid scratching or picking at the treated area, this could cause unwanted hyper pigmentation.

Should you experience any issues please call us immediately at (972) 709-3415

I certify that I have read and fully understand the above instructions. I hereby consent to the Microdermabrasion procedure.

Patient Signature _____

Pt. Guardian (if under 18) _____

Date _____