



MICRODERMABRASION:

7-10 DAYS BEFORE YOUR APPOINTMENT

- Inform the doctor if you have taken Accutane (oral acne medication) in the past year.
- Cease application of all topical retinoids, or Vitamin A derivative products.
- Cease use of all Glycolic or chemical exfoliants.
- Cease use of all mechanical exfoliants, such as scrubs.
- Avoid facial waxing.
- Avoid sun exposure without a sunscreen of SPF 30 or greater. Avoid tanning beds.

THE DAY OF YOUR APPOINTMENT

- Allow 45 minutes for your appointment.
- Pre-Treatment photos will be taken.

MICRODERMABRASION: WHAT TO DO AFTER YOUR TREATMENT

- Expect your skin to appear pink for a few hours after treatment.
- Your skin may be temperature sensitive for a few days after treatment.
- You will be given a cool compress to apply after treatment if required.
- Make-up may be applied to cover redness as needed.
- Avoid direct sunlight on the treated area and use a broad spectrum UVA/UVB sunscreen of SPF 30 or greater for 1-2 weeks after your treatment.
- Keep your skin well hydrated with a protective moisturizer, SkinCeuticals Epidermal Repair is recommended.
- Avoid using abrasive products such as scrubs or exfoliating sponges for 7 -10 days.
- Avoid products such as retinols and glycolic acid 10 days.
- Vitamin C Serums may be resumed after 48 hours.

WHAT TO EXPECT

- Slight peeling for 3-5 days.
- Mild Itching, irritation, redness, increased sensitivity.
- Small whiteheads.
- Crusting is rare; however if it does occur, a thin layer of over-the-counter antibiotic ointment such as Polysporin® can be applied 2-3 times a day for 3 days. Please call us if you experience this uncommon reaction.
- Hyperpigmentation (darkening of the skin colour) can occur in some skin types. Please call us if you experience this uncommon reaction.

MAXIMIZING BENEFITS OF YOUR TREATMENT

- Our Skin Care Specialists will review and compose a simple, customized skin care program for you to begin before your treatment as well as once your skin has healed to maintain the desired results. A quality, daily home skin care regime will ensure that you maximize and maintain the benefits of your treatment.

