



Microdermabrasion Pre / Post Care Instructions

Microdermabrasion Pre-Treatment Instructions:

- Please discontinue all Retin-A, retinoids, retinols, Alpha-Hydroxy Acids, Beta-Hydroxy Acids, exfoliating creams, or topical acne products 5-7 days prior to treatment, unless recommended by your Esthetician to continue treatment.
- Please avoid sun exposure prior to treatment.
- Avoid waxing of the area to be treated for at least 2 weeks prior to treatment.
- Please refrain from chemical peels, or other skin procedures for 2-4 weeks.
- Please inform us of any outside or at-home skin treatments prior to treatment or in-between treatments.
- If you have a history of cold sores, begin prophylactic treatment with Valtrex or similar no later than the day of treatment.
- Notify your Esthetician if you develop a cold sore, acne, open lesions in the area being treated, or experience any type of illness before your treatment.

Microdermabrasion Post-Treatment Instructions:

- Skincare products such as antioxidants, moisturizers and sunscreen will be applied at the end of treatment so you can immediately apply make-up if you choose to.
- Cleanse your skin the evening of your microdermabrasion treatment. Avoid using cleansers that are drying to your skin or contain acids or exfoliants.
- Keep your skin well moisturized.
- Apply physical defense sunscreen recommended for you each day.
- Please refrain from using Retin-A (retinol), topical acne products, or exfoliating acids for 3-4 days post-treatment.
- Please refrain from picking or scratching of the treated areas as it can cause unsuspected injury or irritation.
- In the event that flaking occurs, keeping the area well moisturized will reduce the effect.

If you have any additional questions or concerns,

Please contact our office at 765-497-1655