

# MICRODERMABRASION

## POST PROCEDURE INSTRUCTIONS

- Use warm water and a gentle cleanser. To prevent irritation, gently cleanse your skin and do not scrub.
- Stay out of direct sunlight and avoid prolonged sun exposure. A zinc-based sunscreen with SPF of 30 (or higher) should be applied.
- Do NOT peel, rub or scratch your skin at any time. This may cause damage and compromise your results as well as possibly resulting in scarring.
- If you experience dryness or peeling, apply a gentle moisturizer and reapply as needed.
- Discontinue products containing the following ingredients for 3-5 days after treatment. These can be found in both prescription and over-the-counter products:
  - Alpha or beta hydroxyl acids
  - Retin-A or any retinoid/ retinol
  - Salicylic Acid/Salicylate
  - Glycolic Acid
- Makeup can be applied immediately following treatment.
- Follow the treatment plan discussed with your provider and technician regarding how frequently you should have microdermabrasions.