

## **MICRODERMABRASION PRE & POST-TREATMENT GUIDE**

### **Pre-Treatment Instructions:**

1. Stop using Accutane 1 year prior to treatment.
2. Stop any type of exfoliating treatment(s) to the area of treatment, 2-4 weeks prior and after your treatment.
3. Stop applying Retin-A, Renova, Tazorac, and Differin, to the treatment area, 2-4 weeks prior and after your treatment.
4. Stop sun tanning or using the tanning bed 2-4 weeks prior and after, to your treatment.
5. Stop any type of depilatory treatments (waxing, depilatory creams) to the area of treatment, 2 weeks prior after your treatment.
6. Stop electrolysis, and any type of laser treatments (laser hair removal, IPL) to the area of treatment, 2-4 weeks before & after your treatment.

### **Post-Treatment Instructions:**

You may experience a mild sunburn or windburn reaction. Apply aloe lotion or gel, comfrey gel, or cool, wet cloths to the area to relieve any tingling or stinging. Any redness usually dissipates within 24 hours.

1. You may experience some minor flaking of the skin, usually in patches after a few days. The skin continues to exfoliate for a period of a few days after your treatment. Apply moisturizer regularly. The next treatment will remove any loose skin cells. Try to avoid picking the sloughing skin.
2. Apply generous amounts of moisturizer (without AHA), as the treatment does dry out the first layer of skin temporarily. Avoid clay-drying masks for several days.
3. You may enjoy spritzing yourself with cool spring water several times a day.

4. Wash your face GENTLY for the first several days with a non-glycolic or alpha hydroxyl cleanser, which causes irritation or extra skin sensitivity.
5. You may gently apply makeup the first day of the treatment, but it is best to wait as long as possible to let the skin breathe and absorb the moisturizer.
6. Always wear sunscreen as you could burn more easily or begin/extend hyperpigmentation.
7. Do NOT use Retin-A or Glycolic products for 2 weeks following a treatment or 2-3 weeks before your next treatment. It really is best to suspend use during your treatment series and resume after your last treatment, to avoid over exfoliation.
8. Avoid chlorine in pools or hot tubs for 2 days after treatment, as it could be irritating. If you should get this on your skin, simply wash with cool tap water.
9. This is not a relaxing or pampering treatment, but the results you will experience will be worth any temporary discomfort.
10. Microdermabrasion treatments will not interrupt your regular skin care routine or daily lifestyle.
11. Commitment to the treatment series, along with regular use of a good skin care line at home is essential to success.

**I have read and understood all information presented to me before signing this consent.**

**PATIENT SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**PROVIDER SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_