

### Pre - Microdermabrasion Instructions:

- Do not use Retin-A or other exfoliating creams **24 to 72 hours (1 to 3 days)** prior to your treatment.
- Avoid sun tanning or tanning creams/sprays for at least a week before treatment
- You must NOT have recently had laser surgery or used Accutane
- Candidates who have had a recent chemical peel or other skin procedure, such as collagen injection should wait two to three weeks before undergoing microdermabrasion.
- Prospective patients should also refrain from waxing or tanning the skin to be treated for a few weeks prior to microdermabrasion treatment.
- Wash your face and neck with a non-oily, non-soap based cleanser before each scheduled treatment.

### Post - Microdermabrasion Instructions

To maximize microdermabrasion recovery time and results, it is important to follow all post-procedure instruction below:

- Keep the new skin clean and moisturized
- Anti-inflammatory creams or cold compresses may be used as necessary
- Use a gentle cleanser.
- Trauma such as scratching or picking the treated area should be avoided.
- It is important to avoid irritating the treated skin with harsh chemicals, rubbing or tanning for one week.
- Although some peeling may occur in the treated areas, moisturizer should help minimize this effect.
- Avoid staying in the sun for at least **7 days** after the microdermabrasion treatment to prevent UV rays from damaging your skin, which slows down the recovery.
- Patients who absolutely cannot avoid sun exposure should use a broad-spectrum sunscreen with an SPF of 30 or higher.
- Do not use glycolic, alpha hydroxy, beta hydroxy, retinol, benzyl peroxide or topical acne medications for **24-48** hours following treatment.
- You may resume prescription retinoid products (Retin A, Renova, Tretinoin, Avita, Alustra or other brands of Tretinoin and other prescription retinoid products (Adapalene, Avage, Differin, Tazorac, Tazarotene) **3 - 7 days** after last microdermabrasion treatment or as instructed by your technician.

If you are receiving a series of treatments, do not resume any of these products until after you have completed your last medical microdermabrasion treatment.