

This document is designed to provide information about [Microdermabrasion](#), its benefits, potential risks, and alternative procedures. It is important that you read this information carefully and have all of your questions answered before signing the consent form.

Safe & Effective for All Skin Types | Minimally Invasive | Little or No Downtime or Discomfort | Pairs Nicely with Other Treatments

**The Procedure:** Microdermabrasion is a non-invasive, skin resurfacing procedure that uses a vacuum-based diamond-tipped applicator with varying abrasion levels to gently exfoliate and polish away the top layer of dead skin cells. This form of deep exfoliation stimulates collagen growth to reveal healthy new skin that looks and feels smoother and brighter. Microdermabrasion is considered a safe treatment for most skin types and conditions (see indications below). The procedure takes between 20 to 40 minutes, depending on the size of the treatment area and the level of abrasion needed. Most people see results immediately after the treatment and the skin may look and feel soft, smooth, and radiant. Every individual is unique and it is very difficult to predict the results or a specific number of treatments needed to achieve desired results. The results of Microdermabrasion fade with time, so regularly scheduled treatments are highly recommended to achieve and maintain desired results. Beneficial results may be increased by combining microdermabrasion with condition-specific topicals, potent antioxidants, hyaluronic acid, and peptides, or other aesthetic procedures such as acne treatments, laser peels, LED light therapy, or Neurotoxins.

**Indications:** Fine lines & wrinkles, sun damage, superficial age spots, hyperpigmentation, uneven skin tone & texture, melasma, acne & acne scars, clogged, congested or enlarged pores, blackheads, and stretch marks.

**Recommended Course of Treatment:** A series of regularly scheduled treatments 2 - 8 weeks apart. A typical plan starts with two sessions per month for the first 2 - 3 months and then touch-up treatments every 1 - 2 months to maintain and prolong the desired effects.

**Contraindications** include, but are not limited to the following:

- Accutane (*isotretinoin*) in the last 6 months
- Retin A topical or other skin-irritating products
- Aesthetic procedures/injections in the last 2 weeks
- Blood-thinning medications within the last week
- History of keloid scarring or abnormal wound healing
- Skin cancer or suspicious lesions
- Sunburn (*natural sunlight, tanning*) and extreme sensitivity
- Epilepsy (contraindicated for LED light therapy)
- Poorly controlled medical conditions (*i.e. diabetes, vascular*)
- Impaired immune system and/or use of immunosuppressive medications
- Active infection, cold sores (*Herpes Simplex*), psoriasis, eczema, and dermatitis
- **Patients with unrealistic expectations**

**Risks & Possible Side Effects:** include, but are not limited to the following:

- Common side effects such as slight redness, tenderness, and swelling usually subside within a few hours after treatment.
- Petechiae, or colored spots indicating pinpoint bleeding beneath the skin which usually clear up within a few hours to several days.
- Uncommon side effects such as bruising, skin irritation, and exacerbation of breakouts may occur.
- Activation of individual sensitivities that may include, but are not limited to Herpes Simplex, cold sores, or acne flare-up may occur.
- Rare side effects such as scarring, pigment, or textural changes may result from this procedure.
- Side effects can worsen with sun exposure. Always use an SPF 30 or higher containing zinc oxide and/or titanium dioxide for proper sun protection. Begin using an SPF of 30 or higher immediately after your treatment.

Although the majority of patients do not experience any side effects and/or complications, you should discuss each of the above with your practitioner to make sure you understand the limitations, risks, and potential complications of this elective aesthetic procedure.

**Alternative Procedures** Microdermabrasion is an elective aesthetic procedure, which is not medically necessary or required.



**Pre / Post Care Instructions** Compliance with the recommended pre / post-care instructions as well as recommended follow-up visits by your practitioner are crucial in minimizing the risk of side effects and complications. **It is your responsibility to inform your practitioner of your most recent sun exposure, new medications, or changes in medical history before each treatment is performed.**

### **Before Your Treatment**

- Pregnancy or lactating. Treatment may lead to excessive skin irritation and/or breakouts.
- Patients who have used Accutane or similar products within the last 6 months CANNOT be treated.
- Avoid excessive sun exposure as well as the use of artificial tanning beds for 72 hours before treatment.
- Always use an SPF 30 or higher containing zinc oxide and/or titanium dioxide for proper sun protection.
- Discontinue the use of any topical products that may be drying or irritating (e.g. AHAs, BHAs, retinoids) for 48 hours prior.
- Discontinue use of over-the-counter acne medications such as benzoyl peroxide and salicylic acid for 48 hours prior.
- Refrain from waxing and use of depilatories for 48 hours prior.
- For men, shaving is not recommended on the day of treatment. If you choose to shave, please shave at least 3-4 hours prior.
- Avoid other aesthetic procedures or cosmetic injections in the area(s) to be treated for 2 weeks before and after. Botox and fillers can be given on the same day but ONLY AFTER the microdermabrasion treatment.
- If you are prone to cold sores, it is recommended to take antiviral medication for 2 or more days before and after.
- Stay hydrated by drinking 8+ glasses of water daily to improve results & healing time.

### **Day of Treatment**

- Arrive with clean skin free of any lotion, oil, makeup, powder, or sunscreen.
- Notify your practitioner of any changes in your medication, health status, or personal activities that may be relevant to your treatment.
- Microdermabrasion treatments last around 20 - 40 minutes depending on the treatment area.
- Your practitioner will make individual recommendations on when to resume normal skincare.

### **After your treatment**

- Use of sunscreen following treatment is mandatory! Please use SPF 30 or higher containing zinc oxide and/or titanium dioxide for proper sun protection following treatment as your skin is more susceptible to UV rays which slow down the benefits of your treatment.
- Please refrain from prolonged direct sun exposure or tanning beds for 2 weeks.
- Common side effects such as slight redness, tenderness, and swelling usually subside within a few hours after treatment.
- Petechiae, or colored spots indicating pinpoint bleeding beneath the skin which usually clear up within a few hours to several days.
- Keep the treated area clean and well hydrated (specifically for the first 7 days). DO NOT scrub skin when cleansing.
- Discontinue use of any topical products that may be drying or irritating (e.g. AHAs, BHAs, retinoids) for 48 hours after.
- Discontinue use of over-the-counter acne medications such as benzoyl peroxide and salicylic acid for 48 hours after.
- Avoid excessive heat exposure (i.e. hot showers, hot tub, sauna, intense cardio, or other workouts) for 24 hours after.
- Do not have any other aesthetic treatments on the treated area for at least 1-2 weeks after.
- If you do not need to apply makeup for the remainder of the day it is preferred to go without.
- To achieve maximum results, ongoing treatments and a daily home skincare program are recommended.

**If you experience any side effects, such as prolonged redness, irritation, or a histamine reaction contact your practitioner immediately for proper assessment and care instructions.**