

### *What it is:*

A **non-surgical** manual exfoliating treatment that treats the outermost layer of skin. Tiny exfoliating crystals are lightly sprayed across the skin to loosen the dead cells and then vacuumed up to reveal the fresh, healthy skin beneath.

### *Features & Benefits:*

- Improves skin texture and imparts a rosy glow
- Reduces fine lines and helps to minimize pores
- Lightens hyper-pigmentation and sun damage
- Cleans pores to help minimize breakouts
- May be combined with a light chemical peel for increased benefits

### *Duration of Benefits:*

- Usually administered as a series of six treatments, spaced two to four weeks apart, results are dependant upon skin type and condition being treated
- Periodic treatments and at home microdermabrasion products can help maintain the benefits after the initial series is completed

### *Duration of Treatment: 45–60 Minutes*

### *Treatment Protocol:*

- Esthetic cleanse and tone
- Microdermabrasion device distributes tiny exfoliating crystals across the face and vacuums them up
- Calming mask
- Moisturizer application
- Sunblock application

### *Candidates:*

- A good alternative for sensitive skin that cannot tolerate stronger chemical peels
- Effective on all skin colors and types. Patients with good skin tone will show the best results
- Patients with mild acne benefit from manual exfoliation which helps to unclog pores

### *Contraindications:*

- Patients with active Rosacea, fragile capillaries, vascular lesions, widespread acne, herpetic lesions, warts, open sores, skin lesions, Eczema, Dermatitis, Psoriasis, Lupus Erythematosus and Diabetes Mellitus are not well suited for this procedure
- Patients who are taking anticoagulant medication
- Patients with a history of allergies, rashes or other skin reactions may be sensitive to treatment
- Microdermabrasion is not recommended if you have taken Accutane within the past year or received chemotherapy or radiation therapy
- This procedure should not be administered to pregnant or breastfeeding (lactating) women

### *What to Expect:*

- Your skin may be slightly red and swollen. This is temporary and will fade in one to two hours
- Your skin may be more red than usual for two to three days

### *Downtime/Recovery:*

- Approximately one hour to two days depending on skin sensitivity

### *Pre-treatment Guidelines:*

#### *Microdermabrasion*

#### **One Week before your Microdermabrasion:**

- Avoid the following procedures: electrolysis, waxing, depilatory creams, laser hair removal
- Cease using any exfoliating products that may be drying or irritating, including products containing salicylic acid, (alpha hydroxy acid and glycolic acid) Retin A, Renova®, Differin® (Adapalene 0.1%) or any products containing Retinol, AHA or BHA, Benzoyl Peroxide

### *Post-treatment Recommendations/Prescriptive Care:*

#### *Microdermabrasion*

- Patients with hypersensitivity to the sun should take extra precautions to guard against exposure immediately following the procedure as there may be more sensitivity following the treatment. Sunblock with an SPF of at least 25 is recommended during the course of your treatment
- Cease the use of exfoliating scrubs, Retin A, alpha-hydroxy acid (AHA) products or bleaching creams for one week following treatment
- Do not combine Microdermabrasion with other exfoliating facial treatments

### *Daily Skincare Routine:*

- When washing your face use a gentle cleanser that does not contain soap (such as Cetaphil®)
- At home microdermabrasion products can help maintain benefits but should not be used for at least one week post procedure
- Apply a light moisturizer (without alpha hydroxy acids) as often as needed to relieve dryness and tightness
- Use a sunscreen with an SPF of at least 25 and avoid direct sunlight for at least one week
- You may resume the regular use of Retin A, alpha-hydroxy acid (AHA) products or bleaching creams one week after your final treatment

### *Follow Up Visit:*

- A follow up visit is generally not necessary once the series is complete
- **Call the office immediately if you have any unexpected problems after the procedure**

*Return Visits Suggested:*

**Date:** \_\_\_\_\_

**Technician Name:** \_\_\_\_\_

**Notes:** \_\_\_\_\_

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