



TREATMENT INSTRUCTIONS | MICRODERMABRASION

(Patient Take Home)

BEFORE TREATMENT

- No use of Retin-A, Glycolic Acid or AHA, for five days prior to treatment.
- No use of Accutane six months prior to treatment.
- Men should not shave two days prior to treatment, electric shave preferable.
- No waxing in treated areas for a minimum of two weeks prior to treatment.
- Sunburned skin should not be treated.
- No peels, laser resurfacing or medical grade exfoliation within two weeks of treatment.
- Inflamed acne and rosacea should not be treated. Please consult for a more appropriate service.
- Cannot have active Herpes Simplex blisters/cold sores.
- Use suggested home care products to maximize results.

AFTER TREATMENT

- On day of treatment avoid exercise, saunas and steam rooms; heat can increase sensitivity.
- Avoid chlorine day of treatment.
- Avoid tanning beds and direct sunlight for at least one week after treatment.
- Avoid waxing in treated areas for 1-2 weeks post treatment.
- No use of glycolics, retinols, or scrubs for 1-2 weeks post procedure.
- Use suggested home care products to maximize results, especially a SPF 30 sun block.
- Maintain proper internal and external hydration.
- Slight windburn sensation is normal for first few days.

FOLLOW UP

- Series benefits provide cumulative results and are typically scheduled every two weeks for 3-6 treatments.
- Maintenance is typically once monthly to sustain long-term benefits.