Microdermabrasion Patient Instructions

Microdermabrasion is a method of polishing and removing the upper-most layer of the skin called the Stratum Corneum. The result is a topical exfoliation as well as indirect stimulation to the basal layer of the skin. When we stimulate the basal layer of the skin, we increase cell proliferation (turnover), and stimulate nervous tissue, resulting in vasodilatation for increased blood flow, and triggering the stimulation of oil and water production. It can also have a direct influence on increased fibroblast, collagen and elastin production. The results: a healthier, more vibrant, more firm, hydrated and improved texture and appearance to the skin.

Pre-Procedure Care

- Avoid sun exposure to treatment area for 3 days before and after Microdermabrasion (including tanning beds). If the area will be exposed, be certain to use sunblock (30+ SPF).

- Avoid use of skin care products that contain PABA or Alpha-hydroxy for 3 days prior and following Microdermabrasion.

- Gently wash and thoroughly dry skin prior to Microdermabrasion.

- Please notify us if you:
    - Have Lupus (SLE)
    - Are on Steroid medication
    - Are using Retin-A cream, gel or solution: you will need to hold this medication for at least 3 days pre and post treatment.

Post Procedure care

- Remove crystals from the skin.
- Drink plenty of water between treatments to keep your skin hydrated.
- Keep affected area moisturized between treatments.
- Wear sunscreen on affected area if exposed to sun or tanning beds.
- For a minimum of 3 hours following the procedure, avoid use of any products that contain colors, fragrances, dyes, alcohol, or other irritants. A longer time frame may be necessary with extensive exfoliation.

The exfoliated area may be sensitive 4-6 hours after the procedure, or longer with extensive exfoliation.

Peeling of the skin may occur for several days after the procedure. Avoid picking at the affected area.

Call our office if you have any questions or concerns at 716-712-1050.