microdermabrasion

MICRODERMABRASION
PRE & AFTERCARE SHEET

QUESTIONS/CONCERNS PLEASE CALL THE SCHOOL AT (801) 530-0001

FOR EMERGENCY RESPONSE

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This Pre and Aftercare sheet is for the Crystal Microdermabrasion, Diamond Microdermabrasion and Dermalinfusion. The gentle polishing crystals used in this resurfacing treatment produce amazing results for improving the appearance of aging, acne, acne scars, sun damage and many other concerns! If there is any question about interactions with medications or sensitive health conditions, it is recommended that you get signed consent from your medical professional prior to your appointment. This treatment is often a good option for pregnant women, as well as other conditions.

CONTRAINDICATIONS

- Active Inflamed Acne
- Rosacea
- Viral Skin Infections (HSV,
- Antibiotics
- Accutane
- Recent Facial Injections
- Sunburn
- Dermatitis
- Fungal Skin Infections (Yeast Infections)
- Bacterial Infections (Cellulitis, Impetigo, Folliculitis)

PRECARE MICRODERMABRASION TREATMENT INSTRUCTIONS

- Condition skin with high quality products using AHA's for several weeks prior and stop two days before your treatment. Use gentle products with minimal activity prior to treatment. Your esthetician will write a home treatment guide for your use before and after the treatment.
- Do not shave or exfoliate the day of the treatment.
- Schedule waxing appointments 5-7 days prior to your treatment, 14 days for sensitive skin.
- Avoid sensitizing products with artificial fragrances, harsh preservatives, and dyes.
- Drink plenty of water. Hydrated skin is healthy skin.
- Be prepared to use high quality sun protection every day!
- Best results are achieved in a series of 3 to 6 sessions and can be alternated with skin rejuvenation and chemical peels. Schedule according to the needs of your skin with your esthetician's recommendations. A single treatment may also be scheduled.
- Avoid direct sun exposure at least one week prior to treatment.
- Discontinue use of NSAIDS (non-steroidal anti-inflammatory drugs) one week prior.
- Discontinue use of tropical acne medications that can cause thinning to the skin one week prior (Differin, Retin-A, Clindamycin, etc.)

AFTERCARE MICRODERMABRASION TREATMENT INSTRUCTIONS

- Avoid sunlight – light exposure without sunscreen will result in undesirable pigmentation (freckles and patches)
- Apply sun protection SPF 30 every 2 hours for the first 48 hours, even if you don't plan to be in the sun.
- Be gentle with your skin. Do not use exfoliating products or acne treatments for 7 days.
- Recovery time is usually 1-4 days, and this treatment can be performed within 1 week of big events like weddings.
- Do not wax over treated area for 14 days.
- Avoid products containing alpha hydroxy acids for 7 days.

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- Use home treatment program according to your esthetician's instructions.
- Avoid products with artificial fragrance and dyes.
- Drink plenty of water. Hydrated skin is healthy skin.
- Peeling is often invisible and takes place when you shower or cleanse, similar to losing a tan. If peeling is noticeable, do not pick at flakes or help them flake off. Moisturize instead.
- Avoid blood thinners for at least 4 days post treatment as blood thinners can pro-long your healing process.