



Suggested Homecare Regimen for Post Microdermabrasion Treatment

- For the next 24 hours, strenuous exercise or any activity that causes excessive perspiration is not recommended. While it will not affect your skin care treatment progress, the perspiration can be extremely irritating.
- Drink additional water during the four hours following a treatment, as this helps release the toxins brought to the surface.
- Moisturizer and cold compresses can help relieve the skin sensitivity following the treatment. Apply ice if swelling results.
- **Absolutely no tanning** should be done while undergoing microdermabrasion treatments. Ensure minimal to no sun exposure for the three days following the treatment. With the removal of the stratum corneum, you will be very sensitive to the elements and could burn severely. Sun exposure will also greatly reduce the results that you have just achieved through microdermabrasion. Apply broad-spectrum sunblock twice daily.
- Discontinue use of retinoid/AHA products for three days prior and three days following the treatments.
- Refrain from waxing, electrolysis or depilatories for at least seven days after treatment.
- If you are undergoing a series of microdermabrasion treatments, remember to discontinue AHA and Retinoid use at least 3 days prior to your next appointment. Do not have collagen injections any closer than 10-14 days before your next treatment. Botox® injections should not be scheduled any closer than four hours before your next appointment.



Suggested Homecare Regimen for Post Microdermabrasion Treatment

- For the next 24 hours, strenuous exercise or any activity that causes excessive perspiration is not recommended. While it will not affect your skin care treatment progress, the perspiration can be extremely irritating.
- Drink additional water during the four hours following a treatment, as this helps release the toxins brought to the surface.
- Moisturizer and cold compresses can help relieve the skin sensitivity following the treatment. Apply ice if swelling results.
- **Absolutely no tanning** should be done while undergoing microdermabrasion treatments. Ensure minimal to no sun exposure for the three days following the treatment. With the removal of the stratum corneum, you will be very sensitive to the elements and could burn severely. Sun exposure will also greatly reduce the results that you have just achieved through microdermabrasion. Apply broad-spectrum sunblock twice daily.
- Discontinue use of retinoid/AHA products for three days prior and three days following the treatments.
- Refrain from waxing, electrolysis or depilatories for at least seven days after treatment.
- If you are undergoing a series of microdermabrasion treatments, remember to discontinue AHA and Retinoid use at least 3 days prior to your next appointment. Do not have collagen injections any closer than 10-14 days before your next treatment. Botox® injections should not be scheduled any closer than four hours before your next appointment.