



Microdermabrasion Post Care

Dear Valued Patient

Thank you for your interest in visiting our office. As we discussed, I have prescribed Microdermabrasion for the treatment of your skin condition. Microdermabrasion is highly effective in managing your skin's health and structure; therefore, it is an important part of your therapy.

I want to inform you of some facts concerning Microdermabrasion.

We will only be removing dead skin cells from the very top layer of your skin (stratum corneum layer). By doing so, we will be stimulating new skin cells to grow. There may be additional exfoliation during the next three days following your treatment. To optimize your results, we recommend that you take the following steps:

1. Do not apply make-up for 24 hours
2. Ensure that the area is kept clean
3. Keep skin well moisturized
4. Protect skin with a sunscreen of at least SPF15
5. Do not use sun beds and avoid direct sun tanning for at least 2 weeks (if deeper peel performed)
6. Avoid any other treatments on the skin for at least two (2) weeks (i.e. face waxing, masks, chemical peels)

We realize it may take several treatments to reverse the results of sun damage, trauma, scarring, etc. Meanwhile, enjoy the renewed, softer, fresher and smoother texture of your skin. We look forward in seeing you at the follow-up visits and if you have any questions, please contact our office.

**If you have any questions or concerns please contact the office.
902-893-7613**