



MICRODERMABRASION PRE + POST

FIVE DAYS BEFORE YOUR MICRODERMABRASION:

Avoid these products and/or procedures in area(s) treated:

- Electrolysis, waxing, depilatory creams, laser hair removal
- Retin A® or Tazorac®, exfoliators or irritants
- Do not suntan or sunburn

****NOTE:** the use of these products or treatments prior to your treatment may increase skin sensitivity and cause stronger reactions

AFTER YOUR MICRODERMABRASION:

- After a treatment, the skin may feel tight as if exposed to the sun and wind.
- Skin may also appear slightly redder than usual for 1-2 hours.
- Expect to see visible flaking. Do not pick at any flaking skin. Apply moisturizer recommended by your technician as needed to relieve dryness. Use sunblock daily for at least 1 week. We always recommend continuous, daily protection from the sun for your skin's health.
- Avoid strenuous exercise for 24 hours.
- Avoid use of Retin A® or Tazorac®, exfoliators or irritants for 5 days.
- Avoid shaving, tweezing, laser or waxing on treated areas for 5 days.

Contact our office immediately should any complications occur.